

A
TEMPERANCE MANUAL

BY

H. MCBAIN.

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Yours sincerely
Hugh M. Bell

A
TEMPERANCE MANUAL

BY

H. McBAIN,

*Being the Essay which was awarded the Prize of Rs. 500,
offered by General Sir G. S. White, G. C. B.,
G. C. S. I., G. C. I. E., V. C., Commander-in-Chief
in India and President of the Army Temperance As-
sociation in India from 1893 to 1898.*

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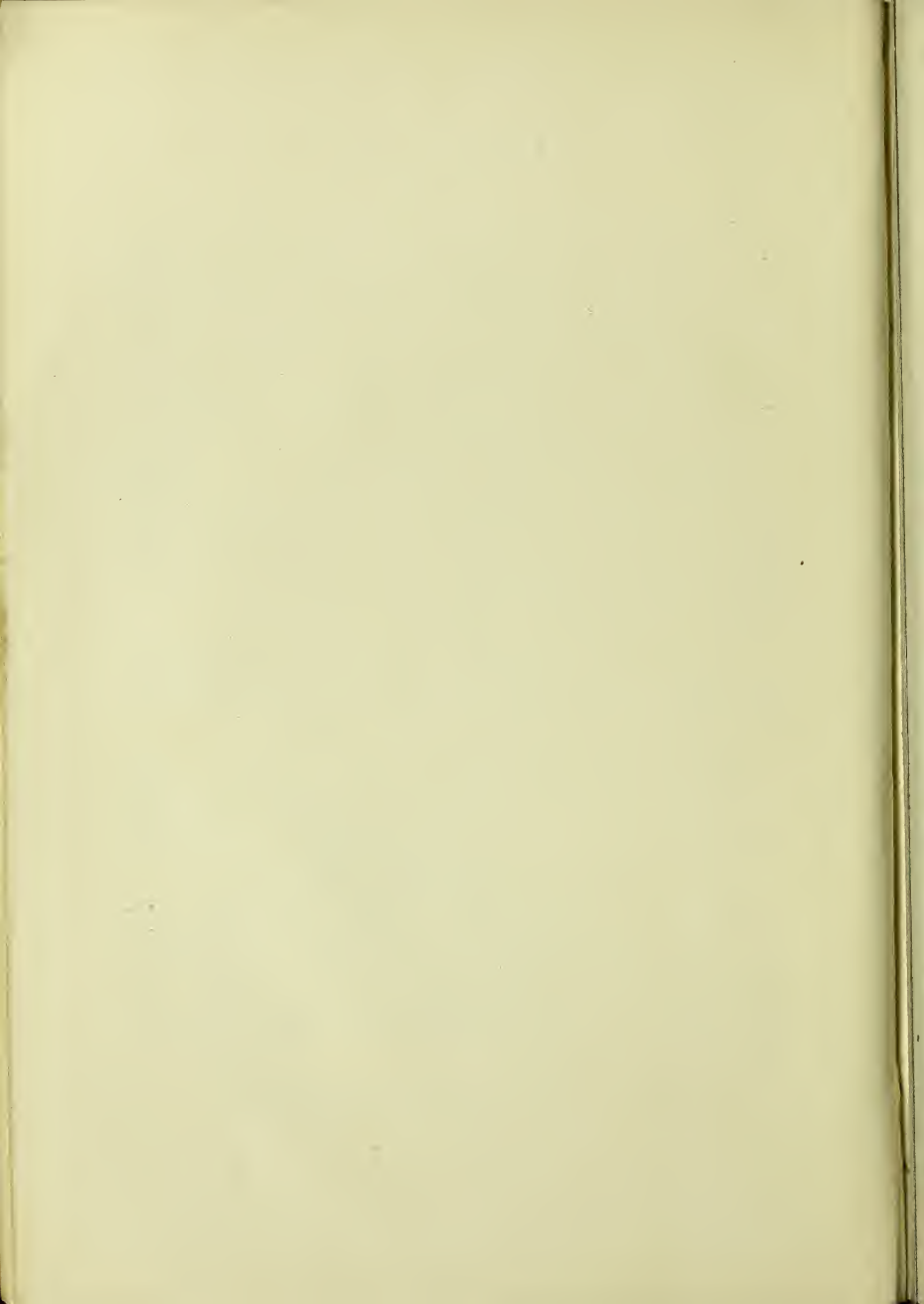
For many years it has been felt, by those who are interested in the progress of temperance work among British troops in India, that a handy little book, giving, in compact form, the latest findings of Science with regard to the use of alcohol and dealing with the subject of Temperance in all its bearings, was much to be desired.

Through the kindness of H. E. General Sir George S. White, G.C.B., G.C.S.I., G.C.I.E., V.C. Commander-in-Chief in India, and President of the Army Temperance Association, a prize of Rs. 500 was offered for such a book, the Competition being open to all.

The Essays received were submitted to Referees and the prize was unanimously awarded to Sergeant-Major H. McBain of the Durham Light Infantry.

Sergeant-Major McBain has been, for many years, a most devoted worker in the Cause of Temperance both in the Battalion with which he serves and in the stations where the Battalion has been quartered.

The Essay has been adopted by the Governing Council of the Army Temperance Association as its "Manual" and there can be no doubt that it will be of great service alike to the workers and members of the Association.

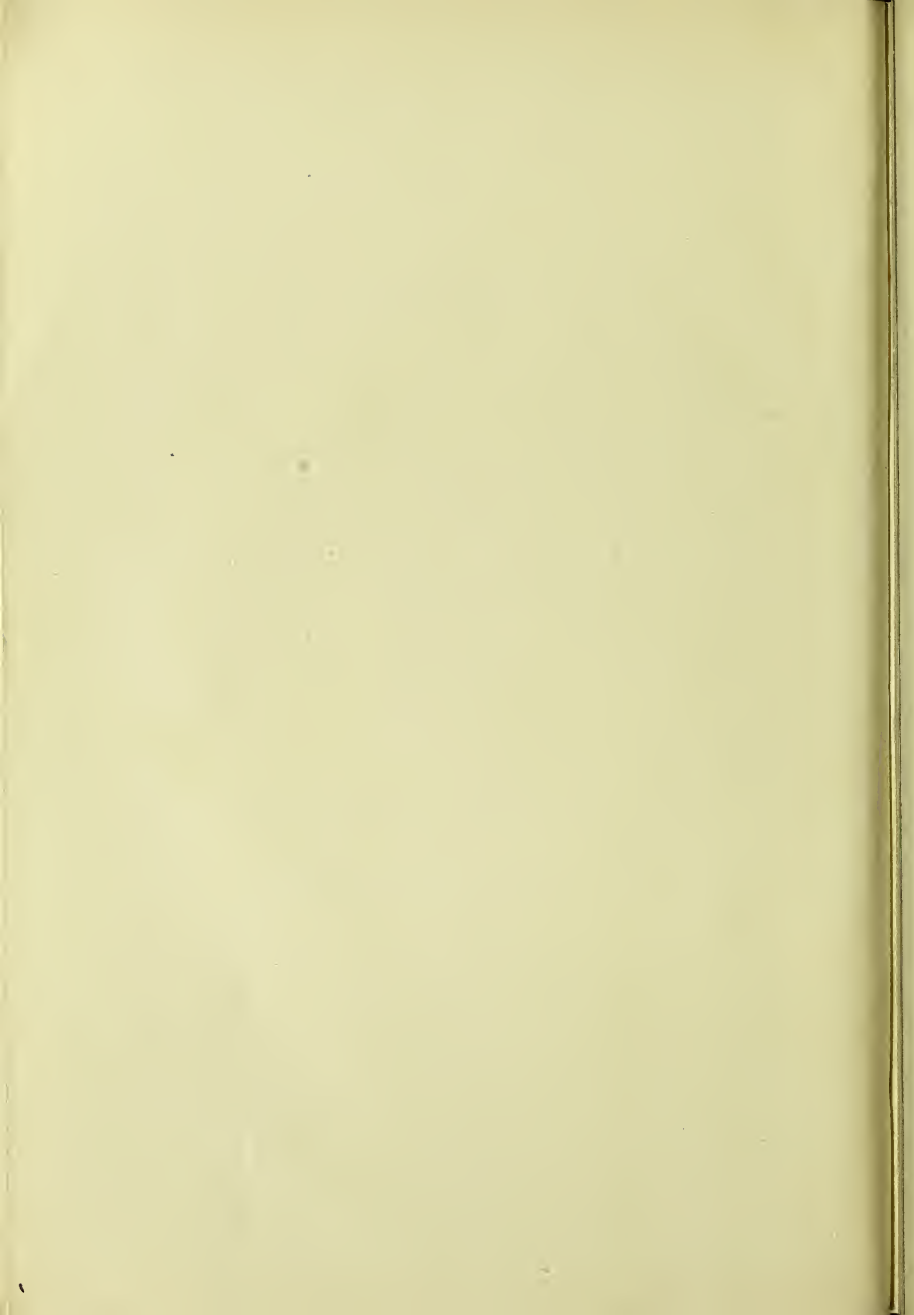


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CHAPTER I.

INTRODUCTION.

It has been well said that, "a people's health is a nation's wealth." If this holds true of the ordinary population, it may be said to apply, in a special sense, to the military element of that population. The health of our Army in India has been much before the public mind recently, and the subject is one of great and far reaching importance. Few will deny that the greatest enemies of the British soldier in India, are intemperance and impurity. We hear a great deal regarding the trying climate of the country, and with a certain amount of reason, as many parts of India are far from congenial to Europeans. Ordinary care and restraint would, however, accomplish much, as many a man finds an early grave in India, or returns to England a shattered wreck, simply as the result of irregular and intemperate living. Scores of men on the other hand, leave for England at the expiration of their engagement, sound in wind and limb, and not a whit the worse for their sojourn abroad. The latter class has exercised care and discretion, and reaps the reward.

Much has been done, and much is being done by various agencies, to help men to lead straight, pure, and healthy lives, and the measure of success attained has been very considerable. The Army Temperance Association is one of the agencies at work, and a very important one. The young soldier is met, on his first arrival in the country, by those interested in his welfare, and a cordial invitation is held out to him to join the Association. On reaching his Regiment or Battery, he finds a more or less strong number of abstaining soldiers, and a well furnished Temperance Room, where he can comfortably while away part of his leisure. Many Commanding Officers also take the opportunity of pointing out to their drafts, on joining, the advantage of leading temperate and well regulated lives, and avoiding the wretched concoctions too often proffered for sale in the bazaars. The new arrival may also read or hear that the Army Temperance Association in India is a large, influential, and growing organization. Officers, Medical men, and Chaplains are found amongst its members, whilst the highest civil and military officials lend it their countenance and support. The press also, which does so much to guide and form public opinion, is in real and hearty sympathy with the aims of the Temperance movement, recognizing that it makes for the soldier's physical and moral well-being. In addition, a large amount of literature has been circulated

to disprove the old and fallacious idea that alcoholic beverages are necessary to maintain health.

So much for the brighter side of the question. It is almost needless to say that there is another and less hopeful aspect. The amounts paid in fines, and the returns of courts-martial and minor punishments, remind us that drinking to excess is still very prevalent, while the state of our hospitals, and medical statistics, and blue books, all too conclusively show that impurity, with all the evils it brings in its train, is still rampant. Experience proves that these evils—Intemperance and Impurity—are closely associated, and that drink has the tendency to stir up all the coarser passions. While there is much to help the Temperance movement in military life, it needs to be remembered that not a few things are against it. Is it not true that a very great deal of sentiment exists, which favours our drinking customs? Many of our songs, naval, military, and patriotic, have drinking allusions, and frequently refer to the social glass, and the cheering grog, as if they were amongst the chief boons of life. The thought is also prevalent, that while there is something niggardly, if not mean, in abstaining,—the open-hearted generous soul loves the social glass. Standing treat is too often looked upon as a necessary adjunct of good fellowship and camaradie, although it should be apparent that the friendship which

requires cementing with drinks, is not likely to be of a very stable description. There is again the large amount of leisure that the majority of soldiers have in India. When nothing of interest offers, the door of the liquor bar, or the mess stands invitingly open. Scares of sickness are of frequent occurrence, especially at unhealthy stations, and some, who do not touch liquor on ordinary occasions, think it a wise course to fortify themselves when sickness is prevalent. It is also a matter of common experience, that even the most robust have their spells of ennui and depression, and, at such times, there is often the inclination to "keep the spirits up by pouring spirits down."

Drinking inevitably leads to drunkenness, and drunkenness to crime and inefficiency. No stone should therefore be left unturned in order to combat this giant evil. Experience has shown that sound literature has played a most important part in spreading Temperance principles. The Temperance Association in India has sought to make use of this means, but only to a limited extent. In 1884 the Rev. J. Gelson Gregson, Secretary of the Soldiers' Total Abstinence Association, issued a Manual for the help and guidance of Temperance workers. This little book is an excellent one, and contains much valuable information, but important changes have taken place in the organization since its

publication. The great part of the book is taken up with rules and suggestions as to forming Branches, electing office bearers, etc. These were most essential when the Association was in its infancy, and have still their place. A great many of our Temperance men of to-day are quite unaware of the existence of Mr. Gregson's book.

Of late years the Government has taken the Association more immediately under its wing, the Temperance Room forms one of the recognized parts of the Regimental Institute, and the Commanding Officer exercises an oversight over the whole concern. The General Secretary pays an annual visit to each branch, and sees for himself the branch's modes of working. The monthly returns, and frequent reports of Branches, keep the General Secretary posted up as to what is going on during the year. Under these arrangements Branches should be kept working on good and safe lines, and any flaw in the machinery should speedily be brought to light.

A monthly paper "On Guard" is issued from the Association Head Quarters, at Simla. This paper contains general temperance literature, and reports and statistics of Branches. It is a capital publication, but the circulation is limited, and a copy is but seldom seen outside the walls of the Temperance Room. A few

energetic workers get their own copies, and pass them on to non-abstaining comrades, but these cases are not very common. A suggestion has been put forward that copies should be circulated in the Liquor Bar, Library, Recreation Room, Sergeants' Mess, etc., but up to the present this has not been acted upon to any extent. It has also been proposed to issue free, from time to time, pamphlets on the Temperance question. This is a step in the right direction, and is sure to do good. The issue of a new Manual has been suggested with the same end in view, viz :—the gradual spreading of sound views on the subject of alcoholic liquors. Many learned and gifted men who have made this a special study, have already dealt with the subject, so that it appears little short of presumption for a mere tyro to write upon it. The need, however, of a little book, that would seek to gather together, in homely language, the views of competent authorities, has long been felt. As has been stated by the General Secretary of the Association, the Revd. J. H. Bateson, many may be led to peruse a handy little "Manual" who would not be tempted to read larger and more ambitious books. It would be a great convenience too for company committee men to have a handy little book, to put into the hands of any man who was dubious as to the benefits of total abstinence. The company committee man is frequently a private soldier or lance-corporal. He may not be a man

of much reading, and he may not know much of Temperance views and literature. For such a man, the "Manual" serves a double purpose. Its perusal will strengthen his own convictions as to the wisdom of abstaining, and he will find it convenient to hand to a friend.

It is a grand thing to have 23,000 soldiers in India enrolled as abstainers. Unfortunately, of a good number of these, it might be written "unstable as water." People cannot be made sober by manuals, yet a sound manual may do much. Soldiers should know this. We have to-day our drill books and text books on the theory and art of war. For the practical work of the parade ground, the field-day, and the grim business of active service, a knowledge of these text-books is necessary. "Knowledge is power," and the intelligent temperance man will prove himself the most effective worker, and his own stability will be greater. Many temperance workers have zeal but very little knowledge, so their advocacy may do more harm than good. Temperance speakers sometimes indulge in bombast and exaggeration, and this repels fair minded and thinking men. But when workers read and grasp the sound arguments of medical and other experts, and when they find these arguments verified in their own experience, then they become more equipped for their work. When every President, Secretary, Treasurer

and Committeeman of the A. T. A. in India and at home is thus well equipped, a great impetus will be given to the movement, and the same ideas will soon permeate the whole of the members.



CHAPTER II.

THE TRUE NATURE OF ALCOHOL.

The word "alcohol" came into use towards the close of the 17th century. It was first applied to spirit of wine of highly refined quality. To-day, it is generally applied to that ingredient, in all fermented liquors, which makes them intoxicating. In all such drinks as brandy, whisky, rum, gin, wines, porter and beer, there is a certain amount of alcohol. Proof spirit is the standard by which all these different drinks are judged. Proof spirit contains 57·27 of alcohol by volume. The amount of alcohol varies considerably in different liquors. Commencing with the strongest brandy we find that it contains about 53 per cent. by volume of alcohol, or rather more than half the remaining 47 per cent. being water. Rum has over 48 per cent., whisky 46 per cent., and gin nearly 39 per cent. In old bottled port there is about 20 per cent., in ordinary sherry, 16 or 17 per cent., and in light French wines from 7 to 10 per cent. Ales and porters contain from 5 to 10 per cent. of alcohol. In very old ales this amount may be exceeded.

For many years the idea was prevalent that some quantity of alcoholic liquor, taken in the form of wine, beer or spirit, was necessary and essential to health. It was a generally received notion that life's work and

duties could not be satisfactorily performed without alcohol in some form. If this idea held good regarding England, it was looked upon as sheer folly to attempt living in the Tropics without stimulants. As a result of this almost universally held belief, drunkenness became terribly common, and dram drinking was epidemic. Medical men were among the foremost to seek to combat the evil, and awaken the nation to the true nature of alcohol. A distinguished medical man, Dr. George Cheyne, was one of the pioneers of the Temperance movement. He pointed out that the habit of using liquor, even in so-called moderation, was unhealthy and dangerous. From Dr. Cheyne's day onward much has been written to prove that most of the claims put forward on behalf of the use of alcohol were unsound. It will be as well to bear in mind that there are a great number of persons directly interested in the liquor traffic. From the time that the use of liquor was first attacked, strong claims were put forward on its behalf. In order to see somewhat of the true nature of alcohol, it will be necessary to look at these claims. They may be classed under the following headings :—

- 1st. That Alcohol is a food.
- 2nd. That it is an aid to digestion.
- 3rd. That it is a help in mental and physical work.
- 4th. That it promotes health and longevity.

5th. That it cheers and brightens life.

6th. That it enables us better to withstand extremes of heat and cold.

7th. That its use is a means of averting disease.

These claims will now be examined in order.

1ST.—IS ALCOHOL A FOOD ?

The idea that alcohol is in any sense a food, is no longer held by any authority that carries weight. The human body requires food for nourishment and heat. The various functions performed by the body entail waste, and food provides new materials to make up this waste. Warmth is also necessary to life, and food taken into the system maintains the temperature. Foods are generally divided into two classes, those which go to build up the system, and repair waste, and those which produce heat. Professor Miller of Edinburgh, in his book "Alcohol, its place and power," says "Alcohol has no title whatever to be regarded as a food." This is endorsed in the columns of the British Medical Journal, which states "We are in conscience bound to say that alcohol is not food." Mr. E. R. Barrett, of Liverpool, in his Prize Essay on intoxicating drinks, points out that alcohol fails in every one of the ordinary tests of food. It gives no strength, and it repairs no waste. To again quote Professor Miller, "It might enable a man, to continue his work, if food was not forthcoming, or if it

could only be procured in insufficient quantity. In this case it would meet an emergency, but it is not suitable for continued use." Numerous authorities might be quoted to prove that alcohol is in no sense a food, but one more should suffice, Sir Benjamin Richardson, who devoted much time and care to an investigation of the subject, who says: "So far as alcohol is concerned, we can affirm that, positively, it is no food at all, that it is no more a food than chloroform or ether are foods."

2ND.—IS IT AN AID TO DIGESTION?

There is a more or less prevalent idea that alcohol is a help to digestion. This belief is still shared by a good number of the medical profession. It is claimed that wine, spirits or beer, prove an aid to the healthy digestion of food. The most recent authorities deny this, and the most recent tests go to disprove it. There is sound reason for this, as alcohol refuses to act along with the gastric juice. Professor Hare, of the University of Pennsylvania, recently conducted a series of experiments regarding this point. Beer, especially bitter beer, is often claimed to be a help to the digestive process. Seventeen kinds of beer were subjected to test by Professor Hare, but in every case it was found that digestion was retarded. Dr. Monroe's test in London gave the same results. Professor Miller points out that if wine and spirits were not rapidly absorbed their

presence in the stomach, in any quantity, would be a complete bar to digestion. Surgeon-General Francis states that the use of alcoholic drinks lowers the tone of the stomach, and points out that the idea, so prevalently held in India, that beer is an aperient is quite erroneous. He further affirms, that though alcohol may appear to aid digestion when taken in small quantities, it really retards it. For those who have weak and irritable stomachs, alcohol may give temporary relief, but it is best and safest to avoid its use, as in most cases the evil is intensified, instead of relieved, by the use of stimulants. Even should it be conceded that alcohol may be of use to those who have weak and impaired digestions, it does not at all follow that it is in any sense necessary for those who are well and healthy. In an excellent little book, only published last year, Captain Forrest states "with respect to alcoholic drinks, there is no doubt that men, in good health, stand in no need of alcohol." When we look at the other side of the question we find that a great array of dyspeptic troubles are traceable to the use of drink. It has been fully proved that more cases of flatulency, indigestion, acidity and depression of mind and body are produced by alcohol than by any other cause ("Results of Researches" by Sir B. Richardson).

3RD—IS IT A HELP IN MENTAL AND PHYSICAL WORK?

The evidence that alcohol is no help in either mental or physical work is ample and conclusive. The most eminent men in the medical profession are strong on this point. This will be more fully alluded to under the headings of the effects of alcohol on the body and mind. It may here be pointed out that there is a seeming show of argument in support of the theory that alcohol helps to sustain the powers of mind and body. This is merely theory, and one which falls to the ground when put to the test. Not only do scientists and medical men acknowledge this, but athletes, and writers on athletics and training, with an almost unanimous voice, condemn alcoholic stimulants. Nature's remedies for bodily and mental exhaustion are rest and food. Men are deceived because alcohol is able to give a temporary fillip or spur to the jaded system. The taking of a glass of wine or spirits or, in a less degree, the drinking of a glass of beer, gives a temporary glow and exhilaration. The tired soldier on the march, after his glass feels able to set out again, the weary brain worker feels fresh energy infused into him. Hence the stimulant is looked upon as a real aid to work. It would be just as wise to argue that the application of whip and spur gives fresh force to the exhausted horse. When the influence of the temporary spur dies off, reaction follows, and the man is left in a worse state than before. On this point there

is perhaps no one in England more competent to give an opinion than the great London physician, Sir Andrew Clarke. His practice is an enormous one, as some 10,000 persons pass through his hands annually. Amongst these are many of the foremost men of the realm, men who are making the history of England to-day. This great physician states that "alcohol is not a helper of work, but it is a certain hinderer of work." He further states, that every man who comes to the front of his profession in London is marked by this one characteristic, that the more busy he gets, the less in the shape of alcohol he takes, and his excuse is "I am sorry, but I cannot take it and do my work." Professor Parkes' pains-taking experiments at Netley all go to prove Sir Andrew Clarke's statement, that alcohol hinders work. Sir Henry Thomson, a sound and acknowledged authority, is equally emphatic. He says "habitual or, as it is called, moderate drinking, is a thing which people should avoid if they wish to have a sound mind in a sound body." These are the instruments with which mental and physical work are done, and they are best kept in order by abstaining from liquor.

4TH.—DOES THE USE OF ALCOHOL PROMOTE HEALTH AND LENGTH OF DAYS?

It is further claimed for alcohol that it promotes health and longevity. Forty years ago a teetotaller was

almost unknown in India. The very few who then abstained were looked upon as faddists who had a screw loose somewhere. To-day, the tables are completely turned. A prominent medical officer, Colonel Barrow, R.A.M.C., who has had wide experience of Indian life, declares that drink is responsible for the greater part of the sickness and mortality in India. He strongly advocates total abstinence as one of the greatest safeguards of health in India. The "British Medical Journal" has cordially endorsed Colonel Barrow's views, and two of our leading military papers, the "Army and Navy Gazette," and the "Broad Arrow," have given them wide publicity. The "Overland Mail" goes a step further and advocates their publication in pamphlet form, with a view to wide-spread distribution. Colonel Evatt, R. A. M. C., who has had wide experience of, not only our own, but also of Continental medical systems, is equally decided as to the benefits to be derived from total abstinence, whether soldiering at home or abroad. Dr. Evatt was always willing to advocate total abstinence when in medical charge at Quetta, and also when stationed at Netley.

The whole of the Anglo-Indian Press, in India, religious and secular, is most favourable and sympathetic towards the temperance movement, while successive Commanders-in-Chief, from Lord Napier to Sir George White, have upheld and supported it. All this goes to

prove that the labours of such medical men as Parkes, Carpenter, Richardson, Lees, Kerr, Francis and many others have not been in vain. A very practical test of a man's health is his power of work and endurance. During the hardships of a campaign, a severe strain is put upon the powers and stamina of the soldiers. It might be expected that at such a time the "cheering grog" would prove a real friend to him. The experience of our foremost generals is entirely in the opposite direction. No one has stated this more clearly than our present Commander-in-Chief, Lord Wolseley, and it is well known that the views of Lord Roberts and Sir George White are equally decided. The renowned Stonewall Jackson was an enthusiastic advocate of total abstinence.

At a large and influential meeting held at Dublin, in October 1897, Lord Roberts stated that "the latest reports from India confirmed the previous years' record of the moral and physical improvement which the Army Temperance Association had brought about in that country. He could assure them that the statistics of health were most satisfactory, the admissions to hospital being about 20 per cent less amongst members of the Association than amongst the men who did not belong to it. Sir George White, in a notable speech made at Simla in May 1897, gave most valuable testimony to the bearing of total abstinence on health. His exact words are well

worth recording :—"In nerve, in accuracy of eye and steadiness of hand, and in physical endurance, the water drinkers have the best of it. Some of our greatest athletes, and many of our best men at games are water drinkers. As an example, I need only refer you to the war, in the East of Europe, where the Turks have shown themselves once again such good soldiers. I believe that the most competent judges would say that the Turks had the steadiest nerve in danger, the greatest capacity for making long marches, and enduring great hardships on scant rations, of any soldiers in Europe, and the Turks are hereditary water drinkers." It is interesting to note that Sir William Howard Russell, the famous war special of Crimean days, and Editor of the "Army and Navy Gazette," tells us that Colonel Valentine Baker, (no mean judge), held the same opinion of the Turk. Corroborative evidence of the same kind, from Naval and Military Officers of the first rank, might be given to a large extent, but one or two others must suffice. In the Revd. J. Gelson Gregson's "Soldier's Temperance Manual," published in 1884, the views of Sir Henry Havelock, and Sir Robert Sale are given. The "illustrious garrison" which defended Jellalabad, had great privations to undergo, and were but poorly clothed and fed. Yet they did their work like heroes, under most difficult and trying circumstances, without a single dram of liquor. At that time the opinion was almost univer-

sally held, that a liquor ration was necessary to keep the British soldier in India up to the mark. Sir Henry Havelock was convinced, from practical experience, that it was entirely unnecessary, and Sir Robert Sale attributed the splendid health and remarkable discipline of the force, to the fact that no spirits were used. The experience of the Red River Expedition, the Ashantee Campaign, and the 1882 and 1885 Egyptian Campaigns, also the Chitral Expedition, confirm this. A recent letter to the writer, from the Tirah Expeditionary Force, testified to the excellent health enjoyed by abstainers. The Non-Commissioned Officer who penned the letter (or rather pencilled it, ink being a scarce commodity) had very good opportunities of judging, being employed with one of the Field Hospitals. The author of "The Red River Expedition" says, "Throughout the Red River Expedition the absence of spirituous liquors was marked by an almost total absence of crime, as well as by the wonderful good health and spirit of the men. I do not hesitate to say that had a spirit ration been issued the results would have been different." The writer was through the 1885-6 Egyptian Campaign, and remembers a Field Officer half-earnestly, half-jestingly remark to him "Your temperance principles are no use here." The very opposite proved the case. As a body the total abstainers enjoyed robust health. There was heavy mortality and sickness at Kosheh, Wady Halfa, and

Assouan, and it was quite noticeable that a large proportion of drinking men suffered, while amongst the heavy drinkers deaths were frequent. When recently questioned as to what he attributed the splendid health and physical fitness of his men during their march upon Chitral, General Gatacre at once replied "plenty of work and very little rum." During the whole march rum was only served out once or twice.

Brigadier-General Hart, in his excellent book "Sanitation and health" states, "at the present day we know that a man who does not drink has the best chance of resisting the dangers of a hot climate." Dr. Cheyne, writing in 1725, commended total abstinence as the "most natural, most healthy, and most safe mode of living." Medical research of the most exhaustive description has endorsed this view. At the National Temperance Congress, held at Liverpool in 1884, many eminent physicians testified to the fact that "sickness is less severe, more easily recovered from, and mortality less frequent among total abstainers, than among those who habitually use intoxicating liquors, even in the most moderate degree." This testimony was based on statistics, and is therefore all the more valuable. It is hardly necessary, at the present day, to maintain that total abstinence prolongs life. It is the duty of every man to get the most and the best out of life. The question of abstinence and longevity has been settled by a most im-

partial and satisfactory test, namely, the action of Insurance Companies.

For many years the idea held good that alcohol not only added strength and vigour to life, but that it also prolonged it. This view seems no longer tenable. Careful statistics, covering a period of over forty years, show that total abstainers have very much the best of it. On the other hand, the annual returns of the Registrar General for England, show that of all occupations the most fatal is the liquor trade. The mortality amongst retail publicans is four times as great as that amongst clergymen, and more than double the death rate among coal-miners, which ranks as one of the most dangerous and unhealthy of trades. Publicans are well housed, well clothed, and well fed, and yet nearly every Insurance Company in England and America charges them extra, in some cases the extra charge being as high as thirty per cent. This can be seen in the columns of the "Times" of 27th September 1897, in a letter from Mr. W. Bigham Hatcham. This gentleman wrote to over seventy of the leading offices on the point. Ten offices had no fixed rule and charged according to the individual case, in all the others an extra charge was made on the lives of publicans. It may be said that publicans, as a class, go to excess in the use of intoxicants, and that it is not safe to judge

by them alone. Statistics regarding strictly moderate drinkers are also forthcoming. The Temperance Provident Institution was established in 1840, and at first insured the lives of abstainers only. Ten years later, in 1850, a separate section was formed for moderate drinkers. In 1873, Edward Vivian Esqr., in a paper read in the health section of the Science Congress, referred to the results obtained by this Insurance Company. The mortality amongst total abstainers was nineteen per cent. below that of the general or moderate drinking section. The following Insurance Companies have obtained similar results, viz :—

The Sceptre Life Association (Limited), established 1864. At the end of 1888 the abstaining policy holders of this Company received 20 per cent. higher bonus than non-abstainers. The Scottish Temperance Life Association Company (Limited). The Directors of this Company state “it has long been a recognised fact, amongst those who have given attention to the matter, that total abstainers, as a class, enjoy longer lives than the average of mankind.” The British Empire Mutual Life Assurance Company, established 1847. The Actuary of the company was asked to make careful enquires as to the effect of total abstinence on life. As a result he recommended the company to allot an increased bonus to abstainers. The increase averaged about one-fifth, or 20 per cent. Many other companies afford special

advantages and reductions to total abstainers. Any one in India desirous of obtaining more information on this point can have particulars furnished by Messrs. Latham & Co. of Bombay and Karachi. Latham & Co., are the Indian Agents of the British Empire Company, whose capital is between two and three millions sterling.

5TH :—DOES ALCOHOL CHEER AND BRIGHTEN LIFE ?

Thousands hold the view that the “social glass” helps to dispel care, and banish gloom, and that life without it would be a poor thing indeed. Many fair-minded men are prepared to admit that the total abstainer lives longest, and stands the wear and tear of life best. But what of that, say they, we who use the good things of life (in the shape of alcoholic liquors) without abusing them, get the best of it after all. To banish drink from the festive board would be to woo dulness and gloom, and to do away with much that gives enjoyment and zest to life. Many think that life would be savourless indeed without the occasional accompaniment of liquor. All this appears, at first sight, sound enough, but like a good many more theories in connection with drink, it will not bear close investigation. It has been amply proved that there can be the same “feast of reason, and flow of soul,” where the cup is absent, and that the conversation need not flag because there is not the accompaniment of chinking glasses. Some of the first families in

England now have large parties and social gatherings from which alcoholic stimulants are carefully excluded. The Medical Temperance movement has done a great deal to educate public opinion on this point, and Temperance banquets, on a large scale, are now comparatively frequent. America is in this respect much more advanced than we are, and, in many parts of it, all public banquets are celebrated without alcoholic drink.

In by-gone years, but little was done for the welfare of the British soldier, and he had some excuse for spending a large part of his leisure in the canteen. To-day things are very different, and between out-door amusements and recreation, and games and reading for indoors, there are many ways of spending the time pleasantly. When one looks at all sides of the question, it will be found that the brightest and heartiest soldiers are to be found in the ranks of the water drinkers. The hilarity and forced merriment that comes from indulging in drink soon expends itself, leaving too often a feeling of depression and dissatisfaction behind.

Many a man will frankly tell you that he feels happier, healthier, and brighter, when he leaves the drink alone. In how many cases the "social glass" brings debt, and want, and misery in its train.

In every rank and grade of society can be found blasted lives and blasted reputations caused by drink.

Mr. Gladstone stated, in the House of Commons, that the evils wrought by drink were greater than the combined evils of war, famine, and pestilence. Nothing has done more to mar the happiness of family life than drink. The writer could easily fill a pamphlet with instances of this in his military experience. Our prisons, our work-houses, our lunatic asylums are to-day full of victims, as a result of our drinking customs. It is needless to quote authorities as to this, as judges from the bench, ministers, army and navy chaplains from the pulpit, medical practitioners from the lecture room, and commanding officers from behind the green baize table, have all proclaimed the same sad fact. Poverty, degradation, crime, and insanity, are closely connected with drink, and no other agent on earth has accomplished such widespread ruin.

6TH.—DOES IT BETTER ENABLE US TO WITHSTAND EXTREMES OF HEAT AND COLD ?

Many will readily admit that drink is quite unnecessary in England, but they hold to the idea that in a trying climate like India, something in the shape of a stimulant is necessary. The evidence of experienced Army Surgeons, and of able military leaders can be quoted to a large extent, to shew that alcohol in any shape or form is prejudicial, either under extreme heat or extreme cold. In India, in Afghanistan, in the West Indies, in Egypt, and on the Gold Coast, the matter has

been tested, and the results have been that "heat is less well borne," and that there is a predisposition to sun-stroke on the part of those who resort to liquor (Guthrie's Temperance Physiology). Dr. Livingstone, in piercing to the heart of Africa, took no wine or spirits with him, and other explorers have followed the same practice. Dr. Carpenter collected evidence from India, Brazil, Africa and other places, which he considered absolutely conclusive, as to the better health, vigour and endurance enjoyed by abstainers. Dr. Parkes says, "I cannot recall a single example of a spirit drinker who was able for any length of time to expose himself with impunity to the sun, while it is notorious that abstainers from alcohol are capable of doing so, as a general rule, to a great extent." Surgeon General Francis, writing from Calcutta in 1889, says "Some 15,000 British soldiers in this country are now demonstrating in their own persons that total abstinence ensures better health, and a greater capacity for resisting the depressing effects of the climate."

Brigadier General Sir R.C. Hart says, "The European engine driver and guards, who are so much exposed to the sun, suffer little, but their ordinary drink is cold tea." Dr. Lucas, in his "Elements of Indian Hygiene," says, "It has now been clearly established that in this country, at all events, for those in health, alcohol is by

no means a necessity." Dr. Jackson, a great authority on military hygiene, says of the use of stimulants in hot climates, "so far from their being calculated to assist the human body in enduring fatigue, I have always found that the strongest liquors were the most enervating, and this in whatever quantity they were consumed." A distinguished Naval Officer, Sir John Ross, writing of his experience in Jamaica, says : "excepting that I never drank spirits, I took no care of myself. I exposed myself to the burning sun, and slept on deck in the dew. I never tasted spirits, and to this alone I attribute the extremely good health that I enjoyed." The following striking testimony of the Governor of Gambia is quoted by Professor Millar in "Alcohol, its place and power," "I have served, or lived in all the West Indian Colonies, and been in Africa too, and I never knew a dram drinker, a soaker, a "jolly trump" be he of military, medical, commercial, or any other profession, long-lived, healthy or always equal to the duties he was paid for, and called upon to perform."

7TH.—DOES THE USE OF ALCOHOL AVERT SICKNESS ?

We now come to one of the most important claims made in this country for alcohol. Many are quite ready to affirm, that for all such diseases as cholera, plague, small pox, diarrhœa, &c., alcohol is a sovereign specific, and that in other diseases as fevers, consumption, debili-

ty, anæmia, &c. its good effects are great. A good number of the medical profession still support this view, but year by year, as fresh facts are brought to light, the cause of total abstinence is being strengthened. Many of those who confidently assert that alcohol is good for nearly all the ills that flesh is heir to, are by no means competent judges. When we desire a sound opinion on some military problem, we do not accept the dictum of the first man we meet, simply because he happens to wear a soldier's uniform. We first ensure that the man has, by careful study and practical knowledge of his subject, arrived at a judgement that is entitled to respect. Three most important declarations on the use of intoxicating liquors in disease have been made, and can be found in an excellent little book entitled "The Medical side of the drink question," by the late Sir Benjamin Richardson. These important documents have been signed by a very large number of the first medical men of the time. It is therein plainly stated that man, in ordinary health, does not require stimulants, and that, in disease, medical men should only prescribe stimulants under a sense of grave responsibility. (See Appendix I)

In the history of the London Temperance Hospital, we have a practical illustration of the soundness of these views. There we find men of all classes, and ailments of every description treated, and the use of alcohol in any shape or form is practically unknown, as, during the

last twenty three years, it has only been used on one or two occasions. The results will compare most favourably with those of any of the great London Hospitals, where stimulants are still resorted to.

Some will tell us that this is all right for England, but here in India, where disease frequently appears in an epidemic form, it is a very different matter. People, it is said, are subject to chills, and spasms, and colics, and it is always a safe precaution to have a little whiskey or brandy in readiness for an emergency. Unfortunately many total abstainers (at ordinary times) share this idea, that, when disease is about, the "Wee drop" acts as a sort of charm or talisman. The writer has not found it so, and during a pretty long military experience has repeatedly been through severe epidemics, both in Egypt and India. It cannot be too widely known that the responsible authorities in India condemn the practice of resorting to stimulants in periods of sickness. In the "Rules regarding measures to be adopted on the outbreak of cholera," the following paragraph will be found: (16) It often occurs that soldiers, on an outbreak of cholera, indulge in the use of spirituous liquors, under the impression that they are a preventive against the disease. Medical authorities unanimously condemn this baneful practice as a certain promoter of the disease, and Commanding Officers

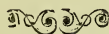
should therefore exert their influence in every way to prevent it.

Colonel Barrow's pamphlet fully endorses this view, and, some years ago, the Surgeon-General in India, on being asked for an opinion, wrote to the General Secretary of the Association to the same effect. Intemperance will be found one of the main causes predisposing to cholera when it is about. In one of the terrible outbreaks which occurred some years ago, it is recorded that of 18,000 British soldiers in India, during one attack, more than half died during the first twelve days; free indulgence in drink being the chief cause assigned. The two best safeguards, when disease is prevalent, are temperance and cleanliness. (See Appendix II.)

In this country men frequently get into a low state through fever, ague, and other complaints, and the advice is often proffered, "Take something," the something, of course, to be in the shape of alcoholic beverages. After taking something a sense of exhilaration is felt, the blood flows more quickly through the veins, and the temperature is slightly raised. Under these circumstances it is natural enough to suppose that the liquor taken has actually done good. The feeling of exhilaration, however, soon passes away, and the sense of lassitude and depression is keener than ever. Alcohol works by a law according to which depression follows stimulation.

And now to sum up. Look at it in what light we may, the conclusion is the same, that "Wine is a mocker." It promises much, but gives little or nothing that is really worth having. There is a great deal that is pleasing and seductive in its spell, but how many victims gradually become bound by its chains. Its tendency is to ever lead on until the bound of strict self-control is passed, and then the downward path is easy. Mr. Barrett, in his Prize Essay, truly says "the supposed benefits are as the small dust of the balance compared with the incalculable, the infinite evils which it has ever wrought on those who use it."

For the pocket, for health, for happiness, for usefulness, for length of days, total abstinence is safest and best.



CHAPTER III.

THE TRUE PLACE OF ALCOHOL.

The wise man tells us there is "a time to every purpose under the heaven." One of our best authorities on "Alcohol," Professor Miller of Edinburgh, reminds us of the old Scottish maxim "Let everything have a place, and everything be in its place." Dr. Miller puts the query, where is the proper place of alcohol? Is it a food, a luxury, a medicine, or a poison? The question of alcohol as a food has already been dealt with, and it has been stated that no eminent medical authority of to-day claims that alcohol, whether in the shape of spirits, wine, or malt liquor is a food. This whole question was freely discussed in the columns of the *British Medical Journal*, and the following was one of the conclusions arrived at: "That alcohol is not food, and that being simply a stimulus of the nervous system, its use is hurtful to the body of a healthy man."

I.—As A LUXURY.

A great cleric has said that "he would sooner see England free than compelled to be sober." The British working man looks upon the temperance party as wishing to interfere with his liberty, and he indignantly says: "would you rob the poor man of his beer?" He looks upon his drink of beer, or glass of

spirits, as a luxury, earned by his hard day's work. Not only is it taken as a solace after a day's work, but excuses crop up on every hand for having a social glass. When tired and weary to refresh, when sad and cast down to cheer, in hot weather to cool, and in cold weather to give warmth, and so on. I have heard a man say as he walked home in the sweltering heat, "It is well worth while enduring this heat to have a nice cool whisky and soda on arrival home." This man enjoyed his luxury, evidently. Some declare alcohol to be "one of the good creatures of God," which is meant to be used in a rational and temperate way. They quote the words of Solomon who tells us "that wine makes merry the heart of man." Thus some will be found who do not make a practice of taking drink daily, but who contend that it is nice to have it on special occasions. "It is a poor heart that never rejoices," they say, and so, on gay and festive occasions, they indulge. The officer who does not take his social glass on "guest night," the member of the sergeants' mess who does not fill up his glass with something stronger than water when some popular toast is given, and the private soldier who does not have a drink on some big regimental occasion are too often looked upon as a poor lot.

The Rev. E. T. Beatty, a former General Secretary of the Army Temperance Association, used to say, in his humorous way, that those who quote proverbs as to

wine making merry the heart of man, should also try the oil, to make their faces to shine.

Certain it is, that the drinking of liquor, in some shape or form, has become very much interwoven in our social life. Those who commence taking drink on special occasions, whether for company's sake, or to promote good fellowship, or, because it is a time of general merry-making, are always tempted to repeat the process. After imbibing, there is a temporary hilarity and elation of spirits, followed of course by a corresponding depression. All those who have experienced the effects of liquor, know this perfectly well. The writer has known dozens of men who have become confirmed toppers, through simply taking an occasional sip, first of all on special occasions. They did not at first have any very special liking for the liquor itself, but highly enjoyed the warming of the heart and heightening of the imagination and fancy brought about by its use. When this process is often repeated, the bounds of strict moderation are soon passed, and the victim's power of self-control is soon sapped. Hence, we have to-day, men in all positions of life, from the highest grades of our aristocracy, down to the coster and the "sandwich man," for whom the glass has terrible fascinations. Having tasted, they cannot let the liquor alone, until the intellect is muddled, and the limbs unsteady. It may of course be said that there are dozens who enjoy their

luxury, in a moderate and sensible way, and who are all the better for it. Whatever view one may put forward for those in civil life, this is an exceedingly dangerous view to advocate in the army. As a rule men drink in schools. There are but comparatively few men who go quietly to the Regimental Institute and have their supper and pint of beer, and are content with that. If a man drinks at all he will probably drift into a school sooner or later, and then good-bye to moderation. In the army the number of men who only have their glass as a luxury on high days and holidays and on special occasions is few indeed. Many commence in this way, but gradually they gravitate towards the canteen, and towards immoderation.

II.—AS A MEDICINE.

This is a phase of the subject that is of the very utmost importance. The A. T. A. pledge reads as follows: "I promise with God's help to abstain from all intoxicating liquors, except when administered medicinally, or in a religious ordinance, so long as I retain this pledge."

It will be seen that if any member of the A. T. A. is prescribed alcohol, as a medicine, by a competent authority, that his taking the same is no violation of the pledge. Prescribing liquor is still popular, though an increasing number of medical officers set their face

steadfastly against it, save in very exceptional cases. The average private soldier's idea of a good doctor might be expressed in the words, "One who will prescribe varied diet, and a pint of beer." Dozens of men, thus treated in hospital, think it necessary to continue their medicine after discharge, and, in most instances, the daily pint of beer is exceeded, and becomes three or four, and more if obtainable.

It is certain that there is a considerable leakage from the ranks of teetotallers, on the plea of being seedy and rundown, and requiring something in the shape of a tonic to brace one up. In India, it is frequently urged that the trying climate, and the ills one is specially exposed to, render it expedient to "take something" as soon as one feels below par. It is always gratifying to have one's opinion backed up by a medical man. Doctors are but mortal, like other men, and they know that prescribing a glass of beer or stout, or a glass of wine, or a little whisky and water, as a rule, chimes in very well with the patient's ideas. So the well meant piece of advice is lightly given, and the results are frequently of the most disastrous kind. Many a man has gone down to a drunkard's grave, in whom the appetite for drink was first aroused by medical advice to take stimulants. So grave had this evil become that many of the first practitioners in the kingdom, signed a medical declaration condemning the inconsiderate prescrip-

tion of alcoholic liquids by medical men. This declaration was signed by Dr. Busk, President of the Royal College of Surgeons, by Dr. Burrows, President of the Royal College of Physicians, and by nearly 300 of the most eminent Doctors in London.

In bygone days alcohol, in some shape or form, was thought a panacea for nearly every ill and disease. Medical science has made great strides during the past 20 or 30 years, and as further and more searching tests are applied, alcoholic drinks become more and more discredited for their medicinal qualities. In proof of this, one or two quotations are given, and references made to authorities of the very highest standing.

The late Professor Parkes, of Netley, says: "If spirits neither give strength to the body nor sustenance against disease, are not preventive of cold and wet, and aggravate rather than mitigate the effects of heat, if their use in moderation increases crime, injures discipline, and impairs hope and cheerfulness, if the severest trials of war have not been merely borne, but better borne without them, if there is no evidence that they are a protection against malaria or other disease, then I can only say that the medical officer will not be justified in sanctioning their use under any circumstances."

Surgeon General Francis discusses the use of alcohol, in cases of impaired digestion, for nursing mothers, for

relieving spasms, in neuralgia, in fevers, dropsy, &c. In impaired digestion he is of opinion that liquor is more likely to add to the trouble than to relieve it. As regards nursing mothers he says "that it is a matter of experience that the children of mothers who depend upon alcoholic beverages for increasing the flow of milk and maintaining their own strength, are apt to be deficient in vitality, and more liable to fatal attacks of bronchitis and other affections of the respiratory passages."

He admits that it may be useful in relieving spasms, and some forms of neuralgia, but that the after effects are hurtful, and that better results can be obtained from other drugs.

For reducing high temperature in fever he deprecates its use as unsafe, stating that better and safer results can be obtained from other agents. In tendency to dropsy, though gin is frequently prescribed, he claims that better results may be obtained with spirits of juniper.

Alcohol is frequently prescribed in cases of diarrhœa without regard to the cause. Surgeon General Francis states that in many cases its use is positively hurtful. He also refers to the widely spread belief that a little brandy or whisky added to suspected water makes it safe. He does not concur in this theory, but recom-

mends the adding of a few drops of Condry's fluid to suspected water, and boiling it when practicable. Dr. Francis further says that the old belief that alcohol is a good preventive against malaria is a mistaken one, and that on the contrary it rather favours it.

The views of Surgeon General Francis have been given at some length, as he had long experience of this country; and from his high position, and extensive knowledge, his opinion should carry great weight. "The best means of preserving health in India," by Surgeon General Francis.

Dr. Coley, who believes that alcohol has some value as a medicine, says: "Alcohol may be a powerful medicine, but it is certainly a frightfully dangerous one, so much so, that it should never be used or recommended unless it is clear that no other remedy will answer the purpose."

Sir Andrew Clark says: "Health is always in some way or other injured by alcohol, benefitted by it never."

Dr. F. R. Lees says: "From our experience, if, as a rule, all alcohol was banished from the sick room, the bills of mortality would be very much lessened."

Dr. John Higginbotham says: "Alcohol is neither food nor physic."

Dr. Henderson, of Shanghai, reduced the death rate from fevers, by non-alcoholic treatment, from 28 to 7 per cent.

The Rev. Canon Wilberforce has collected in his pamphlet, "Doctors and Brandy," a large number of medical testimonies, all going to prove that, even as a medicine, alcohol is not necessary.

The famous Dr. Abernethy says: "If people will leave off drinking alcohol, live plainly, and take very little medicine, they will find that many disorders will be relieved by this treatment alone.

The very best proof that alcoholic liquor, as a medicine, has been tremendously over-rated is found in the history of the London Temperance Hospital. This institution has been in existence for three and twenty years, and forms a valuable object lesson. When the views of eminent medical scientists, who have made a special study of the subject, are brought forward, men with very much less experience and knowledge often say, "Oh! a mere visionary enthusiast," or "a confirmed monomaniac," or "so and so's arguments are very one-sided," and thus they settle the question to their own liking. A very large number of people have prejudiced and biassed views regarding liquor, whether regarded as a beverage, a tonic, an aid to sociability, or as a medicine. Many temperance workers can quite sympathize with those

who hold prejudiced views, having, in bygone days, been in the same situation themselves. Talking to a man the other day, of education on the subject of temperance, he said, "my dear fellow, if you brought the whole bench of Bishops to persuade me that alcohol was bad, their words would have no effect on me." This man had formed an opinion of his own, and nothing in the way of reason or argument would be likely to change it ! In the same way dozens of people are met, on whom argument is to a very large extent wasted. In such an Institution as the Temperance Hospital, we have something stronger than mere theory, we have a well established fact. That fact is, that in the great number of diseases that flesh is heir to, alcohol as a medicine is unnecessary. The London Temperance Hospital has been in existence for 23 years, and thousands of patients have passed through its wards. In the cases of one or two patients only has alcohol been administered, although the hands of the Doctors are not tied in regard to prescribing it. Any medical man, on the staff of the Hospital, is at liberty to prescribe alcohol, should he consider it absolutely necessary. In one or two cases only has it been prescribed, although 80,000 patients have been treated. The records of the Hospital will compare most favourably with those of other Hospitals, and if one thinks of the financial aspect alone, the economy effected is very considerable. The medical authorities can also rest assured that they

have not created in any a desire for alcoholic liquors by prescribing the same as a medicine. When the Temperance Hospital was first started, neither the medical profession as a body, nor the general public, were in favour of it, and a London daily, in describing the opening of the Institution, remarked "God help the patients," and plainly told the responsible medical authorities that they might eventually find themselves in Newgate. Three and twenty years have wrought a great change, and to-day thoughtful men recognize that alcohol, as a medicine, is but rarely required, and then it should be ordered with extreme caution.

This is a point of great interest and importance in Temperance work in India. During every epidemic, and when disease is rife, it will invariably be found that a certain number of abstainers go astray. Even at ordinary times, if a man is told he is looking a bit pale and seedy, and would be the better for a pint of beer, as likely as not he goes off to the liquor bar and gets it. It is soon then noised abroad "so and so is on the drink," and a clique speedily gather round him, quite ready to help in the spending of the few rupees saved during the days of abstinence.



CHAPTER IV.

THE ACTION OF ALCOHOL.

1.—ON THE BODY.

“A healthy mind in a healthy body” is a boon greatly to be desired by all, in whatever position in life they may be placed. Lord Wolseley has pointed out of what supreme importance is the health of a General in the field. Rightly or wrongly he puts forward the theory that the French lost Waterloo chiefly through the malady from which Napoleon was at the time suffering. “Health,” said Napoleon himself “is indispensable in war, and cannot be replaced by anything.” Lord Wolseley says: “If we do not take care of the health of our men, we shall never be able to bring them smiling to the post, and unless they go into battle laughing with health, and the good spirits which follow upon good digestion, we must not expect great things of them.” Does the habitual use of alcohol then make for this high state of health; or does it militate against it. This is a question of the very greatest moment for soldiers, and one which deserves the careful attention of all thoughtful men. It is difficult, in the limited space at disposal, to do full justice to the extremely important point of the action of alcohol on the body.

Perhaps no two men of the century have devoted more time and study to this question than the late Professor Parkes and Sir Benjamin Richardson. Both men stood at the very top of their profession, and their words and views carried immense weight. The famous "Cantor" Lectures on "Alcohol," delivered by Sir Benjamin Richardson before the Society of Arts, made a profound impression on all who heard them, and since their first publication in 1875, edition after edition has been called for. The following were among the conclusions arrived at by Dr. Richardson, as a result of conscientious and painstaking investigation into the subject.

(a). That the medical evidence is strongly in favour of the view that muscular or physical work is reduced in activity and permanency by the influence of alcohol, in all stages of its action.

(b). That the evidence derived from various works of skill, and competitive feats of skill, such as walking, cycling and rowing, is to the same effect.

(c). In competition for prizes at rifle practice the most successful skill has been that which was performed by those who abstained from alcoholic drinks.

(d). That work requiring the most delicate care and accurate precision is best carried out without stimulants.

(e). That the hardest physical work is best carried out without stimulants.

(f). That work requiring the most endurance is best carried out without stimulants.

Dr. Parkes, in his "Manual of Practical Hygiene," comes to the same conclusions. He states that alcohol given, even in small doses, "destroyed the power of work." He further adds that common experience shows that men engaged in very hard labour as iron-puddlers, glass blowers, navvies on piece work, and prize-fighters during training, do their work more easily without alcohol. Again, he says that, after great fatigue, the heart and the muscles should be allowed to recruit themselves by rest, by giving digestible food, and by avoiding unnecessary, and probably hurtful, quickening of the heart by alcohol.

Professor Carpenter, another acknowledged authority, endorses the views of Drs. Richardson and Parkes, and has given a very good example of the relative merits of grog, as compared with coffee or cocoa. A merchant vessel, sailing from New South Wales to England, had the misfortune to spring a leak after passing the Cape of Good Hope. All hands had to be turned to the pumps in order to keep the vessel afloat. The men were greatly fatigued at the termination of their spell with the pumps, and, after taking their allowance of grog, would turn in without taking a proper supply of nourishment. In time their vigour diminished; and the

Commander, noticing this, substituted a hot mess of coffee or cocoa for the grog. The results were excellent, the men's vigour returned, the sense of fatigue diminished, the men had an appetite for the biscuits and tea supplied, and after twelve weeks of incessant labour, the ship was brought safely to port. Cases of this sort might be multiplied but space will not permit. Benjamin Franklin, in a very forcible way, deals with the old notion that drinking strong beer made strong men. On principle he was a water-drinker, while the printers working with him had great faith in the bodily strength to be derived from beer. Some drank as far as six pints a day, but the water drinker worked more and carried double as compared with the beer-bibbers around him.

Professor Miller, of Edinburgh, after a careful examination of the action of alcohol on the body, thus sums up : "Has alcohol no real and useful power, then, in relation to bodily labour? Yes ; but much more limited than is generally supposed. It may be of use in an emergency; not for habitual and daily labour. If an honest, willing horse has a daily round of work to do, what fits him for it is not the whip or the spur, but corn and hay, and water, and regular rest. But if at any time a special effort is to be made, and the ordinary means do not seem sufficient to secure it, then whip and spur may be employed, though always with caution. If a mighty

load is to be stirred, if a yawning ditch has to be leaped, if the rising tide or burning prairie be pressing behind the rider, he may well use both heel and hand ; even should he have cause to fear that the effort which saves his own life may be fatal to the faithful steed that carries him. As a man spurs his horse, so may he spur himself, for the accomplishment of some special end. But, obviously, that end ought to be of sufficient importance to warrant such a means ; and the spurring, even when warrantable, must be conducted with prudence and caution. Alcohol is not a safe means of continuously sustaining man under bodily labour, it is only a spur for a spurt."

Surgeon General Francis says " Muscular vigour is best maintained by total abstinence from alcohol, or any other nerve depressant. The sustained muscular strength of pugilists, oarsmen, pedestrians and other athletes, in whose " training dietary " alcohol has formed no part, and of abstaining cyclists, who sometimes perform long journeys with little or no fatigue, all testify to the value of total abstinence."

When we leave the doctors and come to the views held by great soldiers, travellers, and athletes, the testimony is quite as strong, that alcohol has a prejudicial effect on the body. Amongst great soldiers of to-day, who have referred to the decided benefits, in bodily

health, to be derived from total abstinence, the following may be mentioned.

Lord Wolseley, who says : “ I have always found that when, with any body of troops in the field, there was no issue of spirits, and where their use was prohibited, the health, as well as the conduct of the men, was all that could be desired.”

Sir George White says: “ When a man has lost control over himself from drink he is as unmindful of what is due to his health, as he is forgetful of what he owes to his reputation. It is thus that men, maddened by drink, expose themselves to the ruthless rays of the noonday sun in the plains of India, and get knocked over, possibly to be helpless imbeciles for the rest of a wearisome existence. My last words therefore to you to-night will be; live so that you may rejoice in high health, and its first-born child happiness, adding to the credit and efficiency of the grand army to which you belong.”

Sir Evelyn Wood says: “ In the autumn manœuvres of 1895, which took place in very hot weather, the men were given a pint of beer on the march. I am satisfied that though the stimulant of the beer produced an apparently beneficial effect for about an hour, it was manifest later that the men would have marched better without it.”

General Stewart, of Egyptian fame, was himself a water drinker, and thus spoke, in the very strongest way, by personal example. General Gatacre, on being questioned as to what he attributed that extraordinary immunity of his troops from sickness during their march upon Chitral, replied, "Plenty of work, and very little rum." The rum was only served out once or twice during the whole march.

Brigadier General Sir R. C. Hart, in his book on Sanitation and Health, says "It has been proved by experts that alcohol lowers the temperature. Sportsmen and athletes, who tax their powers of endurance, avoid alcohol." General Hart's brother, Lieut.-Colonel Hart, R. E., a noted cyclist, holds the same views, and does not touch alcohol in any shape or form.

Amongst officers of bygone days, we have testimony, equally convincing, from such distinguished soldiers as Cromwell, Stonewall Jackson, and Sir H. Havelock.

Great travellers and explorers, with whom it is a matter of highest importance to keep the body in good condition, are equally strong on the subject. Bruce, the great Abyssinian explorer, laid down for himself, as a positive rule of health, that spirits and all fermented liquors were to be scrupulously avoided. Dr. Livingstone, in his African travels, never touched liquor of any

description. He went through the most severe labours and privations, and writing in 1852, stated that he had been over twenty years a teetotaller. Backhouse, another well known traveller, who was frequently in the desert, with the thermometer at 116° , says: "There is no single act of my life to which I look back with greater satisfaction than to the adoption of total abstinence." Dr. Nansen's views are well known. It has been stated that no feats of human physical endurance have ever been performed more tremendous than his crossing of Greenland, with his five comrades. They had to drag all their necessities on sledges from sea-level at a temperature sometimes 40 degrees below zero. The mental and physical strain of Nansen's journeys was very great, and it is a well known fact that he considered the avoidance of alcohol a very important part of the preparation for his labours. Nansen is not only a famous explorer and traveller, but also a man of science. His investigations had amply proved to him that to have men, physically, at their very best, for arduous and sustained work, alcohol must be laid aside.

The testimony of athletes, prize fighters, and trainers, is no less convincing. Cycling has become one of our favourite pastimes, and it is interesting to know the views of champions of the "wheel." Zimmerman, the world's champion, says: "don't drink,—drink never wins

races. I have trophies at home which would have belonged to others if they had left drink alone." J. Parsons, the 50 mile Victorian champion, says, "I abandoned even moderate indulgence in liquor because I could not win races when so indulging." In a recent issue of the Edinburgh Scotsman the opinions of three champion cyclists were given on the subject of training. Each had views of his own, but they all agreed on two points, viz: care in diet, and abstinence from alcoholic liquor. One of them says: "I have beaten many a man, who would have had a far better chance, and perhaps beaten me, if he could have let liquor alone."

The famous cricketer, Prince Ranjitsingji, is an enthusiastic advocate of abstinence from liquor. He says: "with regard to drinks I assert, although I fear there will be a great preponderance of opinion against my theory, that water is far and away the best."

Even more interesting are the remarks of Whiteley, in one of the most recent works on athletics. In his pamphlet, "Health and strength, or practical athletics for busy people," a short chapter is devoted to stimulants. A short quotation must suffice here "The exhilarating effects of stimulant are due to the activity of the organs exhuming it. While this activity is fun to you, it is death to them, for they have enough to do in performing

their regular functions without this additional task. The subtle nature of alcohol, and the celerity with which it is thrown out of the system, accounts for the immense quantity consumed with apparent impunity. But let no one be deluded into using it as a tonic, because people who drink it are strong—only strong people can drink it, and it is only a question of time and quantity as to when the strongest will succumb to the continued strain.”

Many other cases might be quoted. Angus Cameron, the “crack shot,” who twice carried off the Queen’s Prize at Wimbledon, is an abstainer. The “British Medical Journal,” in commenting on the great walking feats of Weston, states, that alcoholic drinks are absolutely prohibited in his dietary, during training or walking.

Captain Webb, of swimming renown, has also added his testimony to the wisdom of abstinence for those who attempt great bodily feats. The best man at arms during several years, in the Bombay Presidency, Color Sergeant Robson of the “Durhams,” has been an abstainer on principle, for over five years. In his earlier athletic efforts he tried wine and beer, but gave up their use as detrimental.

The Superintendent of the Liverpool Gymnasium strongly advocates total abstinence for those who wish to have the body at its best. He has explained his views

in an able paper, "why I am an abstainer." In nearly all the New York Gymnasia stimulants are discouraged.

It is well that these facts should be known, and published about, so that those who have the training of tug-of-war, football, cricket and hockey teams, may get sound views on the subject. In by-gone days the trainer thought there was nothing like plenty of the three "bs" beef, bread and beer. The writer has repeatedly seen military, boating and tug-of-war teams struck off duty, and their daily allowance of beer was 3 and 4 pints. No trainer of to-day, of any repute, would advocate this. At the same time, old fallacies die hard, and the idea still lingers that, in some way, strong drink makes strong men.

The whole of the foregoing is meant to prove that as a mere agent, for the performance of physical work, the body is better without alcohol. But there is another side of the question. Not only is the capacity for work less, but the body itself suffers and deteriorates. Medical men explain with great clearness why this is so. Even a very small amount of liquor increases the action of the heart to a considerable extent, and throws upon that organ more work than it should do. Moderate drinking increases the heart's action by three to five beats per minute for 5 hours. The following are the figures given by Professor Parkes :—

From 1 fluid ounce of alcohol the heart beats 4,300 times more a day				
„ 2 fluid ounces „	„	„	8,172	„
„ 4 „ „	„	„	12,960	„
„ 6 „ „	„	„	18,432	„
„ 8 „ „	„	„	23,904	„
„ 8 „ „	„	„	25,488	on following day.

As one thinks of this it becomes apparent why those who indulge freely over-night feel useless the next morning, until they can get a “livener.” The heart is thus over-stimulated, while the effect of the liquor lasts, and it then commences to flag. Those who have used themselves to liquor, know what this means. As the action of the heart tends to flag on the effect of the liquor passing off, so the dose is likely to be repeated, and in time it requires a larger dose to give the same effect. In this way men develop into “well seasoned” drinkers. The continued use of alcohol, even in so-called moderate quantities, commences in time to tell upon the heart, and in turn other organs are affected. In those who are young and hearty, who take plenty of exercise, and have good digestions, the deterioration is not at first very apparent. Dr. Richardson, in his fifth “Cantor Lecture,” notes this point, and states that “could some men cease taking stimulants at the age of thirty they might escape any bad results pretty successfully.” But it is a well known fact that men are not likely to give up liquor at that age as, in most cases, a craving for stimulants has by

that time been set up. Dr. Richardson further shows that when the body is fully developed, and all the organs have assumed their full size and activity, the action of the alcohol becomes much more marked. This is chiefly owing to the fluid being longer retained in the system.

Not only is the heart affected, but also the blood and blood vessels, the skin, the stomach, the brain, the muscles, the liver, the kidneys, and the lungs. In men who drink to any considerable extent, indications are soon forthcoming of the effects of their potations. The *blood* suffers, as the effect of the alcohol is to absorb the moisture in it. The *skin* also suffers, as may be seen in the faces of those who use liquor at all freely. Many men, who know no better, are at times inclined to laugh at the pale-faced abstainer, and to associate the ruddy, jolly face of the drinker with health. The fine red face, as a plain matter of fact, too often indicates disease, not health. Only a short time ago I remember a striking case in point. Mr. S.—was looked upon as a man in capital health. To use a current phrase—he enjoyed the good things of life without abusing them. His fine rubicund face, to the superficial observer, spoke of buoyant health and vitality. As a matter of fact the man's system was sapped through the use of alcohol. He had commenced as a very moderate man, but, like so many more, had gradually in-

creased the dose. He was just over forty, and one afternoon caught a slight chill. In a very few days the poor man completely broke up, and before a week elapsed, was in his grave. His death was of course attributed to fever, but drink was really to blame. Every one who knows anything of life, at our large military stations, could quote dozens of such cases. The *stomach* also suffers. Dyspepsia is perhaps not quite so common a complaint in our military hospitals as it used to be, but it is still prevalent enough. Beer is the common drink of the soldier in India, and beer has certainly a good deal to do with dyspepsia and stomach disorders. The "Madras Mail," about a year ago, referred to the matter of the soldiers' libations at the dinner hour. Between 12 noon and 2 p. m., several pints of beer are often got rid of, a heavy dinner is eaten, drowsiness results, as a matter of course, and there is the heavy lethargic sleep till afternoon parade, or the tea bugle. While a man is young and fresh and strong his stomach may stand a certain amount of this sort of thing, but it tells upon one in time. The *brain* is also affected, as every man knows who takes the slightest trouble to think for himself. If too great a dose be taken, the mental machinery gets clogged, and refuses to work properly; if the dose is still further increased, a mental fog is the result. One never lays too much stress on an after dinner speech, as the brain is not then just at its clearest. Even a small

quantity of drink surcharges the brain with blood, and after the effect of the stimulant has passed off, it is left in a more or less exhausted state. The continued use of alcoholic liquor brings on nerve and brain troubles, and helps to wear out the mental machinery before its time. What holds good of the brain and nervous system is equally true regarding the *muscles*. As has been already mentioned, athletes, cyclists and others, who desire to put forth great muscular effort, fight shy of stimulants. The old soldier of to-day, and sometimes the young one too, has a tendency to "*liver*." It is generally the custom to attribute this to the "beastly Indian climate." It will be, as a rule, much nearer the truth, to attribute "liver" to indulgence in drink. Doctors quite understand this, and when a patient is admitted with some form of liver complaint, a common remark is, "Oh: I see, been indulging, not wisely but too well." Some will at once say that this only applies in the case of those who drink to excess. Medical science has clearly proved that this is not the case. Post mortem examinations, extending over a large number of subjects, have shown that, in the case of moderate drinkers, the liver becomes softened and spotted. In many cases the only symptom of liver complaint is indigestion, and no pain is felt in the region of the liver. Dr. Trotter has pointed out that many a drinking man is deceived by this, and continues to believe in the virtue of his "peg," until

his health becomes seriously endangered. Gout, rheumatism, and diseases of the *kidneys*, are generally induced by the use of alcoholics, and more especially by the use of spirits. Dr. Christison, of Edinburgh, states that from three-quarters to four-fifths of the cases of kidney disease he came across in his practice were due to drinking habits. Dr. Hargreaves states, that the kidney is seldom found in a healthy state, after death, in the drunkard or moderate but regular drinker. Sir Benjamin Richardson in his "Cantor Lectures" states: "that the kidney, in like manner with the liver, suffers deterioration of structure from the continued use of alcoholic spirit," and that "its vessels lose their elasticity and power of contraction." Surgeon General Francis, in his pamphlet "on the best means of preserving health in India," endorses the foregoing, and adds that the use of alcohol frequently lays the foundation of Bright's disease. As might be expected the *lungs* do not escape the evil effects of the continued use of alcohol. Careful investigation shows that a pretty considerable number of men bring on "alcohol phthisis," or consumption, through their drinking habits. These do not present the appearance of the ordinary consumptive, and, during the first stages of the disease, the sufferers look well, and appear to get through their work tolerably well. But, in time, lung trouble asserts itself, the breathing is affected, and vomiting of blood follows in

due course. The experience of skilled physicians goes to prove that consumption, from alcohol, is the most fatal form of the disease, and that medicine, careful diet, and change of air, which often arrest the progress of ordinary cases, are all in vain in this.

In confirmation of all that has been said as to the action of alcohol on the body, it may not be out of place to again mention that all experience goes to show that the human machine wears out sooner when stimulants are taken. No one, with an unbiassed mind, and who is prepared to accept the results of careful statistics, compiled by Insurance Companies, dreams of combating this. The Government returns, regarding the mortality of troops in India, tell the same story. The licensed victuallers, and their organs, occasionally make a feeble attempt to prove the reverse, but the facts are all against them. Many drinking men are quite prepared to acknowledge this, but think they get more out of life by indulging in the social glass. It will be found that those who argue in this style, are only acquainted with one side of the subject, viz, the drinking man's side. Amongst abstainers will be found hundreds, who after a fair trial of moderate drinking and abstinence, are fully convinced that life can be lived on a higher level physically, mentally and morally—when everything in the shape of alcoholic liquor is left alone.

2—ON THE MIND.

At the first glance this may not seem such an important matter for soldiers as the action of alcohol on the body. It is often said, partly in jest and partly in earnest, that a soldier is not supposed to think, as people are paid for doing all his thinking for him. If this were true it would not seem to much matter whether the soldier's mental machinery was in train or not. Mind and body however act and re-act upon each other, and it would hardly be correct to say that any man was in perfect health, who did not use his mental, as well as his physical powers. A military medical man, of wide experience, remarked that one reason why soldiers do not reap as much benefit as they might from a sojourn at hill depôts, is on account of this want of mental exertion. The arm of the blacksmith, the leg of the cyclist, the pedestrian, and the dancer become firm and muscular through exertion. In the same way our mental faculties become keener, and more active, through use, and the ideal soldier is one who is clear in mind, and vigorous in body. Mental vigour has much to do with keeping men in health. Just as many people believe that strong drink is a help in the performance of hard physical work, so others believe that it is a great help in the performance of mental work. From the time the soldier puts up his first stripe, a certain amount

of mental work is required of him, and this increases in proportion as he ascends the ladder. It must not be thought that the intelligent private has no means of exercising his mental powers. In many positions the private soldier, possessed of intelligence, is of great value. This is true in the time of peace, and any one, with experience in the field, knows that it is doubly true on active service. The whole tendency of military life at the present day is towards increased mental work. There are courses of all kinds, telegraphy, signalling, first aid to the wounded, veterinary, etc. The man, who can pass educational and language tests, obtains promotion or lucrative employment. "Main strength and ignorance" can hope for but little in the way of prizes in the military lottery. High educational qualifications are now looked for in the higher grades, or before attaining to commissioned rank. The orderly corporal or sergeant, the color sergeant, the regimental staff and the clerks in the various regimental offices, have now-a-days a great deal of clerical and mental work to get through, and examinations are the order of the day. In the various departments, and in the great headquarter offices, the man with brains is sure to push his way to the front. The more closely it is looked into, the more apparent does it become, "healthy mind" is quite as important a factor in military life as the "healthy body." How then does alcohol affect the

mind, and is its influence for good or evil? Even a small quantity of liquor taken, acts upon the brain, and therefore on the mind. The effect of taking liquor in a large quantity is apparent to even a very superficial observer. The utterance becomes thick and the ideas become hazy and blurred, and it is clear that the mental apparatus is out of gear. Athletes disapprove of stimulants as their effect on the muscles is bad. The construction of the brain is finer and more complex, so that the evil effects of liquor tell in an even worse manner upon it. Sometimes the theory is put forward that it is only the ignorant, the unthinking, and those in the lower grades of society who need to be warned against the evils of excess and intemperance. All experience goes to show that men of fine minds and highly strung natures are too often ruined by relying on alcohol to sustain and support them. "Of all men," says Dr. Richardson, "brain workers are least able to bear up against the ravages of alcohol." Dr. Brinton, of Saint Thomas' Hospital, London, says "The mathematician, the gambler, the metaphysician, the billiard player, the author, the artist, the physician, would, if they could analyse their experience aright, generally concur in the statement that a single glass will often suffice to take, so to speak, the edge off both the mind and body, and to reduce their capacity to something below what is really their perfec-

tion of work." Professor Miller, in his work on "alcohol, its place and power," gives several telling examples of this. Referring to the great Scottish Poet, Burns, he remarks that alcohol did not make his genius or even brighten it, but burnt it off all too soon. He also mentions the effect of a gill of whiskey on Hugh Miller, the well known writer. After drinking off his glass, Miller wended his way home, and opened one of his favourite books, only to find that he could not properly master the sense of what he was reading. The testimony of the witty Sidney Smith is well worth quoting. In a letter, he writes "Let me state some of the good arising from abstaining from all fermented liquors. First, sweet sleep, having never known what sleep was, I sleep like a baby or a plough boy, secondly, I can take longer walks, and make greater exertions without fatigue, my understanding is improved, and I see better without wine and spectacles than when I used both. Pray leave off wine—the stomach is quite at rest, no heart burn, no pain, no distention." The evidence of Sidney Smith is specially valuable as coming from a man who, on no occasion, overstepped what one may call the strictest moderation. Most people will agree that the man, who habitually stimulates the brain with liquor, must suffer in the long run, but is there not in this a happy medium? As a mere question of efficiency abstinence is the wisest course. In the service, how often one comes across men

who, whenever they have a stiff piece of mental work to do, first of all fortify themselves with a peg. The clerk with a difficult letter to reply to, the pay sergeant with columns of figures in his pay list to work out and total, the musketry instructor with his averages and percentages to calculate, the school teacher figuring out his problem ; any, or all of these, frequently resort to the glass beforehand. The idea is just the same that has been referred to in connection with physical work. A drink will clear the head and assist the mental faculties, and so a drink is taken. Let any unprejudiced reader just watch the results, amongst those of his own circle and acquaintances, who resort to stimulants for the performance of mental work. His experience will certainly be like that of the late Dr. Richardson who tells us that the men who do most work, soundest work, hardest work, and, in the end, quickest work, are the men who, avoiding stimulants under all contingences and pressures, trust to rest and natural food for the power that is required to carry them safely through the ordeal. In the writer's experience, the truth of these words has over and over again been verified. Talking only the other day to a Conductor in the Military Works Department, with twenty five years army experience, he said that repeatedly he had tested the soundness of this view, both as regards mental and physical exertions. This man was not a pledged abstainer, and occasionally took

a glass when in company, but when put to any mental or physical strain carefully avoided stimulants, till the stress was over. A Color Sergeant of the writer's acquaintance, when stationed at Quetta, had the reputation of sending in the most reliable and accurate set of accounts in the circle. He was a man of only moderate educational abilities, but he avoided carefully the liquor spur, and his work was invariably sound and trustworthy. On the other hand, dozens of cases could be mentioned of brilliant men, and men of exceptional parts, whose work was vitiated by resorting to stimulants. Another case will further illustrate the same point. W———was what may be called a strictly moderate man, and a teacher in the regimental school. At noon, as the gun fired, he went to the canteen to enjoy his pint of beer. Some ten minutes later he returned to the school to work out an interesting sum. He found, however, like Hugh Miller, that the liquor instead of clearing his brain had confused it, and the sum had to be given up until a later period of the day. Miss Sarah Robinson, who has done so much for the good of soldiers, gives in one of her books her own interesting experience in this matter. When young she was very delicate, and on growing up to woman's estate she daily took an allowance of wine for her health's sake. On coming to work among soldiers she found that love of drink was one of their great failings. After due deliberation she re-

solved to sign the pledge, so as to recommend Temperance to others, not only by precept, but also by example. For a considerable time she missed her wine terribly, and was often nearly giving up the struggle. But once having shaken herself free from it, she was enabled to compass more work, than when she trusted to its aid. Miss Robinson states in the clearest terms, that she could never hope to get through all the work, chiefly mental, that she performs, only for the fact that she is an abstainer. The experience of the Reverend Charles Garrett of Liverpool, a well-known temperance worker, is to the same effect. He was a delicate lad, and it was feared that he was not likely to accomplish much. He is now beyond the three score years and ten, and few men are able to show a more creditable life's work. In addition to his ministerial duties Mr. Garrett has the care of a large Mission with five Homes for homeless lads and girls. He never spares himself and accomplishes a great deal of work. He attributes his success to his life long habits of total abstinence. It may not be out to place to mention, too, His Grace the Archbishop of Canterbury. As one can well imagine, the Primate is one of the busiest and hardest worked men in England, and is now anything but young. He is an indefatigable worker, writer, and speaker, and is, in addition, one of the most enthusiastic Temperance advocates in the Kingdom to-day.

Investigation and experience alike prove that if it is unwise for the athlete, and the man who wishes to keep in high physical condition, to resort to stimulants, it is even more unwise for the brain worker. Both classes of workers are frequently led astray by the same mistake. On feeling fagged and tired, liquor is resorted to, and the impression is that it does good. The temporary stimulus given is not a healthy one, and the continued use of stimulants is bound to have a deteriorating influence on the brain. The effect of the stimulant is to send the blood in greater quantity to the brain, and the blood itself has become impoverished through the action of alcohol upon it. While liquor may give a temporary fillip or spur to the man who is fagged or tired, it will be found that its continued use is bad, and besides there is always the danger of increasing the dose. Most men, unless their experience is very limited, have come across those who are useless for any sort of work, mental or physical, until they have braced themselves with a peg. These are the men who have used themselves to the spur, and find it difficult, if not well nigh impossible, to get along without it. As has been already said, the best and soundest work cannot be done under these conditions, and the amount of wear and tear upon the human machine is greater than when alcoholics are avoided. In support of this view the cases of three well known men of letters may be given. Medical evidence

to the same effect there is in abundance, but in preference to this, it is interesting to get the testimony of men who were anxious to have their mental abilities at their highest and best. One of these has been already referred to, Sidney Smith. Having tried wine and abstinence his verdict was "If you wish to keep mind clear, and body healthy, abstain from all fermented liquors." The renowned Dr. Johnson, who lived in a hard drinking age, was equally decided in his views. As a young and middle aged man he drank wine, but in later life he gave it up, feeling confident that better health and greater vigour could be enjoyed without it. A friend of Johnson's put forward, as a plea for using wine, that he was old. Johnson replied "I shall be 68 next birthday (three years more than his friend) come, Sir, drink water and put in for a hundred."

The third instance is that of the celebrated author of the "Jumping Frog," "The Innocents Abroad," &c. Surely no one would be cruel enough to say that the genial Mark Twain is a biassed or unworthy witness, yet here are his words "As far as my experience has gone, wine is a clog to the brain, and not an inspiration."

Most people are under the impression that the use of liquor tends to a lively flow of ideas, to wit, to heightened fancy and to brilliancy. They are to a certain extent right. The first action of drink is in this direction, if the dose is slightly increased the ideas become disorder-

ed, and, as the dose is still further increased, the mental state becomes more and more confused, ending at last in perfect stupor. But those who believe in moderation will say "Oh but we stop at the first stage, when the effect of the liquor is exhilarating and delightful, and we carefully avoid the later stages." Scripture says that "Wine is a mocker," and thousands of men and women of the highest mental calibre have proved the truth of these words. But apart from this, even in the very first stage, there is loss of perfect self-control. There is, of course, no sign whatever of drunkenness, the muscles are under excellent control, but the fine brain tissue has already been affected.

Diseases of the body are bad enough, but after all are not to be compared with diseases of the mind. The action of alcohol on the brain is clearly enough shown in the case of the drunkard. He has become little better than an idiot, whatever his original brain power may have been. The same process is going on, though it may be imperceptibly, in the brain of the moderate drinker. From amongst many others, let us take the views of two medical men, of the very first rank, on this point.

Dr. W. A. Hammond, late Surgeon-General of the United States army, says "The more purely intellectual faculties of the mind rarely escape being involved in the general disturbance caused by alcohol. The power

of application, of appreciating the bearings of facts, of drawing distinctions, of comprehension, are all more or less impaired. The memory is among the first faculties to suffer."

Sir Henry Thomson, M.D., Professor of Surgery and Pathology to the Royal College of Surgeons, London, says:—

"The habitual use of alcoholic liquors, to an extent far short of what is necessary to produce drunkenness, injures the body and diminishes the mental power to an extent which I think few people are aware of."



3.—ON MORALS.

Some few years ago there was an angry attack made on the Army Temperance Association, in the columns of the "Pioneer." In a letter to that paper enquiry was made as to what the Temperance movement was accomplishing, that all this fuss should be made about it. The Army Temperance Association is not meant to draw invidious distinctions between man and man, nor in any way to stir up strife, or discord, or rivalry of a wrong kind. At the same time there would be scarcely any excuse for its existence if it did not seek to place its members on a higher plane than the frequenters of the canteen. Many a good man takes his pint of beer, and Lord Roberts' Regimental Institute scheme was devised in order that men might have their liquor in a rational way, and not sit for hours soaking, as in by gone days. Any who knew the service five and twenty years ago, will agree that there has been of late years a considerable levelling up, and that drunkenness is not nearly so rife as it was. In spite of this, we had in India, during 1896, the large number of 1868 convictions by court martial, and a heavy list of minor punishments, and fines for drunkenness. A careful comparison of the figures will show that there is a very great difference between the conduct of abstainers and non-abstainers.

During 1896 the COURTS MARTIAL were as follows :—

17,817	Abstainers	93	Convictions	5·21	per 1,000
46,645	Non-abstainers	1,775	Convictions	38·88	per 1,000

SUMMARY PUNISHMENTS.

17,817	Abstainers	485	Convictions	27·22	per 1,000
46,645	Non-abstainers	3,210	Convictions	70·32	per 1,000

His Excellency the Commander-in Chief, Sir George White, in a speech made at the United Service Institution, Simla, on the 17th May 1896, said "I can speak from very long association with British soldiers in this country, and I can confidently say that nearly all the crime, in the British army in India, is either directly or indirectly to be traced to excessive drinking. You soldiers know well how much of the crime that is not actually distinguished by red ink, in the defaulters sheet, is really the result of a heavy drink the night before, or perhaps many nights before. The after effects of such excess make a man irritable, and apt to resist ill-humouredly, and insubordinately, a word spoken even in good part and in the ordinary course of duty. It is a fact, men, that drinking to excess intensifies every bad tendency in our nature and deprives us of that power over ourselves, that self-control which, in calmer moments, would prevent us from committing ourselves."

To some the effect of drink on morals may be brought home in an even more telling way. When the seven

years are up, and the Trooping Season comes round, men appear before the C. O. to have their character assessed. It will be found that the total abstainer, as a rule, has the words "sober, steady and trustworthy" inserted on his parchment certificate, in addition to his "good" or "excellent" character. In how many cases the drinker has to hear his character assessed as "indifferent," "bad," or "addicted to drink." As a rule the Commanding Officer tries to qualify this, if possible, by inserting "smart, clean soldier," "willing and good worker" or something to this effect. On re-entering civil life the discharged soldier finds this faint praise of little service to him. The labour market, in nearly every direction, is overstocked, and employers can afford to pick and choose, and it is but reasonable that they should choose men whose sobriety, steadiness and trustworthiness can be vouched for. Soldiers know well enough that many a man manages to get a character for sobriety and trustworthiness, who does not really deserve it. In every Corps will be found a certain number of men who drink deep, and yet escape the guard-room, but these men's characters deteriorate, even though it does not appear in the Defaulter's Sheet. If fortunate enough to obtain good employment they frequently lose it on account of untrustworthiness.

All who have carefully studied the subject are pretty well agreed that indulgence in liquor blunts the moral

sense, and tends to stir up the sensual and animal in man. In those who have become addicted to drink this is only too apparent, and in many cases stamped upon the features. The total abstainer, as a rule, is careful to preserve self-control, and self-respect. It may be said that many men who drink do the same. This of course is true, but one can never strictly define the boundary line when self-control is passed. When this is once passed, the downward progress is rapid. All are familiar with the loafers and spongers to be found at public house doors, and street corners. The same class of men can be found in our batteries and companies, and any canteen sergeant in the service would be able to point out samples. They can be found in the Sergeants' Mess, and amongst the higher grades as well as amongst the rank and file. How can such men hope to be respected when their own self-respect is gone. If these men were questioned it will be found that they have all the same story to tell. They saw no harm in a social glass, and had at first no great liking for liquor, but enjoyed the company. In time they felt uncomfortable if deprived of their glass, and at convivial seasons they took a little drop too much. Gradually it gained upon them, until morning, noon and night, there was the craving for strong drink. Drinking customs in the service, unfortunately, tend toward this most undesirable state

of things, and hence the utter foolishness of talking to the average run of men about moderation.

If we search the universe through it is certain we shall find no agent that is so powerful in blasting and destroying character as "alcohol." The more closely the subject is thought over and studied the more will it be seen that the effect of drink on morals is disastrous. In the army a very great deal of the time of Officers and Non-Commissioned Officers is taken up in the investigation of crime, caused either directly or indirectly by drink. Commanding Officers, Chaplains, Judge Advocates, Governors and Warders of prisons and others, all have the same tale to tell, the great bulk of crime is traceable to drink. The plea put forward in many of the gravest charges is "I was drunk when I did it, and have no recollection of the thing whatever." The unemployed army reserve men, found slouching about our streets at home to-day, will be found to be composed almost entirely of drinking men, whose characters do not recommend them to civil employers of labour. Every right thinking man should prize his character above all else. In the victims of strong drink all that is fairest and best and noblest in man becomes blurred and indistinct. All turn with loathing from the degraded sot who is ready to sell his own soul for liquor. The process that leads down to this state is a gradual one, and the power of drink more and more asserts itself,

the longer it is indulged in, and the tendency is ever downwards. Self-respect, self-control, a high sense of honor, and of duty, are best maintained by avoiding drink. It is a grand thing in a battalion or battery of men to have a high moral tone. Sobriety makes for this, while drinking and drinking customs do more than aught else to lower and degrade individuals and communities.

Those who have been on active service, where there was no issue of drink, and no means of obtaining it, know what a tremendous difference it makes in the conduct of a body of men. The writer remembers such an instance, where week after week in succession, there was not a single breach of discipline.



CHAPTER V.

IS THE USE OF ALCOHOL NECESSARY ?

In some respects this may seem a wholly unnecessary question. The Army Temperance Association in India answers the question in the negative. The very fact that we have to-day twenty three thousand total abstainers in our Indian Army, shows that drink is in no sense a necessity. Not only is the discipline of this abstaining army better than that of their own non-abstaining comrades, but their health is also better. This is no empty claim put forward by Temperance advocates, but it is the result of careful statistics compiled by the military authorities.

In by-gone days the idea was prevalent that in tropical countries it was essential for Europeans to take stimulants. One of our foremost temperance advocates in India to-day, the Revd. T. Evans of Mussourie, came to this country about forty years ago. When it became known that he was a total abstainer, he was laughed at, and thought to be little better than a madman. "The water in this country is bad," said his friends, "and the climate enervating, you must take a "peg," or you will be food for worms within a twelvemonth." The worthy gentleman is still alive and hearty after forty years of almost uninterrupted clerical work, without stimulants.

The notions prevalent in those by-gone days still linger with us. There are those who believe that for Europeans in India some form of stimulant, or alcoholic beverage, is essential. Before the Army Temperance Association was started in India this point was carefully inquired into, with the result that liquor was found to be in no sense a necessity. From small beginnings the Temperance movement in India has gone on, year by year increasing its membership and widening its influence. To-day, there are found in its ranks combatant officers, medical officers and chaplains, in addition to a large number of warrant and non-commissioned officers and privates. There are found in its ranks men who do hard physical work, and others who do exhausting mental work, but both classes of workers agree that not only is drink unnecessary, but it is detrimental. Drink does not help on the line of march, it does not help in shooting straight, it does not add to the powers of endurance, on the contrary it takes from all these.

There is a very prevalent notion abroad amongst the rank and file that alcohol is, to some extent, a safe-guard in times of sickness, and when plague hunting, cholera-dodging, etc. Men, who ought to know better, sometimes encourage this idea, and dilate on the virtue of whiskey and rum when disease is about. The fallacy of this

cannot be too strongly, or too often reiterated. In the writer's experience men have lost their lives during epidemics through acting upon this entirely mistaken idea. Colonel Barrow's admirable little pamphlet touches upon this point, and shows the utter folly of relying on drink at times of unusual sickness. Colonel Evatt, during an epidemic at Quetta in 1892, was strong on the same point. Dr. Norman Kerr, who made a careful study of the subject, declares "that alcohol is not only a potent provocative of cholera, when cholera is about, but it is a most unreliable and unsafe remedy." Dr. Norman Kerr's evidence is all the more valuable, as he was himself attacked by cholera, and though discovered in a state of unconsciousness, recovered without anything in the shape of alcoholics.

That drink is in no sense a necessity may be seen from the sister service—the Royal Navy. In by-gone days our gallant tars used to assemble around the grog tub, daily, and each and all were expected to dispose of their ration of rum. The exertions of ladies like Miss Weston and Miss Robinson, and the researches of men like Professor Parkes of Netley, awoke the authorities to the terribly pernicious results of this practice. Our brave sailors have now the option of drawing tea and sugar, or money in place of rum, and thousands avail themselves of this privilege. A sailor's life on board a

man of war is in many respects a more trying one than a soldier's. He has to be about in all weathers, his duties often place him in trying and perilous positions requiring nerve and endurance, and during various commissions he sees service in all latitudes, and undergoes extremes of heat and cold. On board Her Majesty's ships will be found many of our staunchest total abstiners—men fit for any emergency. Amongst the most enthusiastic advocates of total abstinence will be found some of our finest sea-captains, men, who like Sir John Ross of Arctic fame, have tested the matter in a very practical way. Capt. H. D. Grant, R. N., C. B., in the course of an able and thoughtful paper on Temperance in the Army and Navy, says: "that the testimony, flowing in from many independent sources, shows the steady manner in which the Temperance cause is winning its way with our soldiers and sailors, although it has to overcome the fallacious argument as to the necessity of alcoholic beverages for the maintenance of health and physical strength."

Sir Alexander Armstrong, the late head of the Naval Medical Department, when issuing his instructions to the Nare's Arctic expedition, dwelt on the necessity for good food, constant occupation, and no spirits. Surgeon Colon, the Principal Medical Officer with the expedition, during the trying period spent

in the Arctic regions, was perfectly convinced of the soundness of the instructions issued. Here we have most convincing testimony that alcohol is in no sense a necessity in extreme cold.

Here in India, we have the other side of the argument to deal with, viz : that alcohol is necessary in extreme heat, and that, at times, nature craves for a stimulant. If there is any craving at all (and alas there very often is) it is an unnatural, and not a natural one. For this we have the testimony of no less an authority than Lord Wolseley. At page 277 of the "Soldier's pocket book" we read : "The old superstition that "Grog" is a good thing for men before, during or after a march, has been proved by the scientific men of all nations to be a fallacy, and is only still maintained by men who mistake the cravings arising from habit, for the promptings of Nature herself."

It has already been said that the best proof possible that alcoholic beverages are quite unnecessary in India, for the maintenance of the highest health and efficiency, is the membership of the Temperance Association itself. Mr. Gregson, in one of his annual Reports, when our Indian army could only boast of its six thousand abstainers, said that it would give a great impetus to Temperance work if he could only be permitted to parade his teetotal army in one mass, and have them closely

inspected, man by man, and marched past, in review order, before His Excellency the Commander-in-Chief. We are persuaded (he adds) that for order, discipline and health they would be amongst the best soldiers in the service. The writer's experience in his own Battalion quite coincides with this. Amongst the officers the finest polo player and horseman in the Battalion is an abstainer. Quite half the members of the sergeants' mess are abstainers, and amongst them will be found quite a number of marksmen, athletes and proficient cyclists, &c.

Amongst the married families there are a large number of abstainers, and the health of the women and children is remarkably good. One of the married sergeants, who is an abstainer of over ten years' standing, has not only had no ill health in the country, but has never known what a headache meant during all these years. Eighteen years experience abroad, in the Mediterranean, in Upper and Lower Egypt, and in various stations in India has thoroughly convinced the writer that no greater fallacy exists, than that of alcoholic beverages being necessary in tropical climates.

It is only necessary to touch on one more aspect of the question, namely, "Is drink in any way a necessity on active service." On this point we have accumulated evidence from the very highest sources. It is only

necessary to say that three of the first military men in the Empire—Lord Wolseley, Lord Roberts and Sir George White say “No.” Experiences gained in the Red River Expedition, in South Africa, the Ashantee Expedition, in the Egyptian Campaigns of 1882 and 1885, in Chitral, and now on the Frontier, in 1897, all say “No.”

One cannot do better than wind up with the emphatic words of Bishop Tucker of, Uganda, which recently appeared in the *Young Man*. The Bishop says : “ I have been a teetotaller for 20 years. So far from regretting it, I would commence it sooner if I had the chance again. I find in Africa, not only is a teetotaller better fitted to cope with the climate, but he is better fitted for the great physical exercise which he has to undergo. I have marched some ten thousand miles in Africa, and have never felt the want of anything like a stimulant. Indeed, I feel sure, that if I had not been a teetotaller, it would have been impossible to undergo the fatigue involved in some of the marching. I feel very strongly indeed about teetotalism in Africa. I have seen so many who have suffered from strong drink. Apart from this, for example sake, one should be a teetotaller in Africa.”

Africa has a far more trying climate than India, and Bishop Tucker’s heavy duties required a man to be both

physically and mentally at his best. That which holds true for Africa, holds equally true for India, whether one is freezing at Quetta, or simmering at Sibi or Jacobabad. That which holds true for a Bishop, holds equally true for a soldier. Men, eminent in every walk of life, endorse Bishop Tucker's views. As it was capitally put in the columns of an educational paper quite recently, "If I would excel as a cricketer, Grace says "abstain," as a walker, Weston says "abstain," as an oarsman, Hanlan says "abstain," as a missionary, Livingstone says "abstain," as a Doctor, Clark say "abstain," as a preacher, Farrar says "abstain." Asylums, prisons, and workhouses repeat the cry "abstain."

Enough has surely been said to convince any one, open to conviction, that for health, efficiency, happiness and comfort, alcoholic drink, in any shape or form, is in no sense a necessity.

For the soldier, in the hey-day of youth, it is true wisdom to abstain, for the Reservist, who has again to face the keen competition of civil life it is true wisdom to abstain, and for the pensioner, who has faithfully served his Queen and country, it is true wisdom to abstain. What is finer than to see the hardy old warrior, after a well spent temperate life, settle quietly down in the old country, respected and looked up to by his circle of

friends. Of him it may be said in the words of our great poet—

“ Though I am old, yet I am strong and lusty
For in my youth I never did apply
Hot and rebellious liquors in my blood,
Nor did I, with unblushful forehead, woo
The means of weakness and debility ;
Therefore my age is lusty as winter,
Frosty—but kindly.”



CHAPTER VI.

FOOD AND DIET.

A great deal of our happiness and usefulness in life depends on the state of our health. When in thorough health, there is not only an absence of pain and discomfort, but life is a real pleasure, and work, duty, and recreation are gone about with zest and enjoyment. Several things are essential to good health, such as pure air and water, wholesome food, cleanliness and exercise. Every one knows about these simple but extremely important things, yet nearly every writer on the subject of health, or sanitation, tells us that the simple rules of health are sadly neglected. In the native communities around us we have frequent object lessons as to the dire results of neglecting nature's laws.

Let us first look for a minute at the subject of food. The Aldershot School of Cookery has done a great deal for the home soldier. One has only to look at a specimen military diet sheet for a week at Aldershot, to see that the men there fare very well. For every meal during the week—Breakfast, Dinner and Tea there is some extra, and there is appetising variety. The system of messing at Home and abroad is widely different. At home, Government provides the bread and meat ration, and the soldier pays 3*d.* per diem,

from his pay, to provide everything else he wants. In India groceries and vegetables are provided by the Commissariat, in addition to the bread and meat, but only a small sum, say 10 pie per diem, is available to expend. This could be increased at the soldier's option, but, as a rule, men are not at all keen about increasing it. Both at home and abroad the amount paid by the soldier is supplemented by grants from the Canteen. Officers, who have gone thoroughly into the subject, find that not very much can be done to improve the present diet, unless the men of a company, or the members of a mess, are willing to contribute a little out of their own pockets. This is a question that every mess or company must decide for itself. It will be found that it is much simpler and better to cater for a mess say of 16, 18 or 20 men than for a company of men. With the smaller number the men's own tastes and inclinations can better be consulted. A well fed man is, as a rule, a contented man, and this contentment is worth aiming at. Although the rations issued are ample, yet it cannot be said that the soldiers' meals are all they might be. Food should be simple, eaten regularly, and be of sufficient variety. It should also be served up in a tasty and appetising way. Let us hope to see the time when cups and saucers, and clean table linen, will form part of a mess' belongings. Those who have to frequent cook-houses and

barrack rooms will find that there are one or two stock dishes for breakfast and dinner, and on these few the changes are rung all the season round. This gets monotonous, especially in a country where the appetite is inclined to be fickle. Strange as it may seem, here in India many messes will be found in which curry and rice is all but unknown. Rice is a capital article of diet for this country, and can be done up in many different ways. While rice is all but ignored, flour is largely used, and frequently made into very indigestible forms of pastry. Any one who carefully examines what passes for pastry, will not be at all surprised that stomach troubles follow the eating of it. Articles like sago and oatmeal, which are cheap and nutritious, are far too little used. Fruit, in any shape or form, is seldom or never seen except in the hands of men who purchase it themselves. Men do their 7 or 8 years abroad and never taste such excellent fruits as the plantain, mango, guava and apricot in any cooked form. Plantains are cheap and are capital served up with rice, mangoes are also cheap in their season, and from the other fruits named very tasty dishes could be got. The value of the lime too is but little known. The juice of the lime, squeezed into a glass of water, with a little sugar, makes an excellent drink at dinner time or when thirsty. Extra vegetables are occasionally purchased, yet such a capital dish as vegetable

curry is seldom seen. The British soldier in India simply carries with him his English ideas of cooking, and goes in for things not at all suitable. Even in the making of tea, mistakes are made. The tea is frequently boiled, and allowed to steep. While good tea is pleasant and refreshing, it is bad for the nervous system and for the digestion when boiled, or too long infused.

To supplement the daily messing, a very large number of men procure extras at their own expense. In this expenditure important reforms might be made. One of the common mistakes made in this country, is eating meat too frequently. There are many men who almost regularly have meat in some shape or form three times a day. As a rule meat is served for breakfast, again for dinner, while the suppers, purchased at night, are almost entirely preparations from beef, mutton, etc. At this rate the system gets clogged, and indigestion, dyspepsia and numerous other evils are incurred. These in turn lead to lowness of spirits, and frequently to drinking, or, in other cases, to the use of pills and patent medicines. All this might be avoided by regulated diet, and a judicious use of fruits. One cannot over-estimate the value of fresh fruit, as it contains potash and salts which greatly aid the digestive process. Fruit also greatly helps to enrich and purify blood.

Another frequent mistake in diet is partaking too freely of eggs. A good many people would rather stand

aghast at the thought of eating four, five or even half a dozen boiled eggs for breakfast, yet this is a feat daily accomplished. The egg is a most nutritious article of diet, but, in this country, moderation in its use is wise. There is a great deal of intemperance in eating as well as drinking.

While eggs are freely used, many have a horror of milk. In many minds, milk is connected with enteric fever, and not without cause. Milk is a good nutritious article, and its use should be encouraged. Great care is now exercised in our dairies, so the use of milk in cantonments may be looked upon as quite safe. Commissariat tea is not very palatable without milk, though many drink it in this way.

Butter is easily digested, and, if fresh, is a useful article of food. It is the fat of milk, and about 90 per cent. of its weight is fat. An ounce a day is considered a fair daily allowance.

Medical men and chemists divide food into two classes:—1st, those which produce heat and thereby keep the body warm, and 2nd, those which go to produce muscle, flesh forming foods. The Esquimaux, living in the land of snow and ice, require plenty of the first class. In a hot country there is less need for heat generating food. Rice, sugar and oily and fatty foods are excellent for generating heat. Flesh, fish, eggs, wheat, oats and

milk are all muscle forming foods. A mixed and varied diet is best.

No one can possibly lay down fixed rules regarding diet. Men's systems vary, their tastes vary, and the amount of exercise taken varies very much. A man's food should be regulated by the amount of work he does. Every man should try to know his own system, and what best agrees with him. Men who eat heartily, and take but little exercise, soon suffer. There is an old saying that "a good cook has more to do with the health of the family than a good doctor." There is much wisdom in this. It is very poor economy to engage a low class of natives for cooks, as they only spoil the meals. A few rupees extra, spent monthly on thoroughly good cooks, is a safe and sound investment.

Only a word may be added about masticating, or chewing, the food. This is a most important process. If the food is not properly chewed and mixed with saliva in the month, extra work is thrown on the stomach. That organ may stand this treatment for a time, but it will soon get out of order, if it is continued.

Every man who values health should be careful as to his diet. An idea of the importance of the subject may be gathered from the following words, used by a distinguished London Surgeon, Richard Paramore. He says "Many of our prospects in life, of our success

in business, of our worldly circumstances, and the attitude of ourselves to the world generally, are dependent on our food. I hope it will not be understood that I should like any one of us to live for the sake of eating, and make that the main object of our lives—certainly not, but I do insist upon a better preparation of food ; I do insist upon greater care being taken in its manufacture ; I think it is a crying shame that so little variety, and so little charm are displayed in this part of our daily lives.”

A few word must suffice on the important subjects of Exercise—fresh air—cleanliness.

EXERCISE.

Exercise does much, both for the body and the mind. The quick, elastic step, the buoyant spirits, and the clear brain of the man in perfect health are greatly to be desired. To secure these there must be sufficient exercise, and more especially exercise in the open air. The most recent books on athletics also tell us that there must be harmonious developement. These exercises are therefore best which bring a large number of muscles into play. Cricket and football are exercises of this kind, brisk walking in the open air is also very healthy. Right throughout our Indian Army outdoor sports and exercises are now greatly encouraged. Contests and tournaments are frequent, and annually there are assaults-at-arms and regimental games. All men

under a certain age, and if medically fit, are also put through a series of exercises at the Gymnasium, from time to time. All these things make for robust health, and help to build up the system, and maintain vigour. There is a danger however that while athletes, gymnasts, cricket and football teams, and those with a bent for athletic exercises take their fill of outdoor recreation, the men with no special inclination in this line may be quite satisfied with their daily parade. It needs therefore to be impressed that exercise and health are in a sense synonymous terms. In the free unrestrained, happy play of youngsters, we see the perfection of exercise, and by the glow on their faces it is evident that the blood is coursing merrily in their veins. Exercise is a good aid to the healthy circulation of the blood. When this healthy circulation is absent all the important organs of the body suffer. The heart, the liver and the lungs become affected, the condition of the blood becomes poor, and the body is badly nourished. For many of the ills of life, healthy out-of-door exercise is the best physic. In the Army there are many facilities for such exercise ; all that is required is to benefit to the full by them. In addition to strengthening the body, well regulated exercise is most beneficial to the mental powers. The brain receives a larger supply of blood, and it is thus enabled to better carry on its functions. It is needless to mention all the various forms

of outdoor sport and pastime. Every man should have his favourite game or pastime. Cycling has come into great favour of late years, and it is certainly a capital form of recreation. As long as a man goes in for something in this line, it will not only tend to make him healthy, but will also prove a great help to the life being straight and pure. As Captain Forrest remarks in his little book on the Soldier's health "the athlete is always a well conducted man."

FRESH AIR.

The purity of the air we breath is as important to health as the food we eat, and the water we drink. Plenty of fresh air is necessary for the well-being of those important organs, the lungs. When we breathe, the little air cells of the lungs expand, and as the air passes out they contract. The lungs take into the blood the gas known as oxygen and give out poisonous carbonic acid gas. Air after being breathed through the lungs becomes foul, and on entering a room where many persons are seated together, and where there is not sufficient ventilation, we become aware of this by the bad smell. Proper ventilation simply means arrangements for the escape of the foul air, and the entrance of fresh air from outside. It should be seen that this is a matter requiring great care and attention. Over-crowding and insufficient ventilation are responsible for many evils. The Barrack Department and

the Sanitary Commissioner ensure that there is no over-crowding in barracks. The ventilation must be seen to by the men themselves, or by responsible non-commissioned officers. By the time the Orderly Officer or Captain of the week goes round, the rooms will be found well ventilated and clean. Such is not always the case in the early morning. Every time we breathe, a certain part of the air which supports life is taken into the lungs, while poisonous air is given out from the lungs at each exhalation. Through the night the air of barrack rooms often becomes foul, and it is of great importance that in the early morning the pure, fresh air should be admitted. If this were better understood we should not find so many doors and windows shut up when they should be open. When people live in an impure atmosphere, or in badly ventilated dwellings, the blood becomes impure, and as a result the whole body suffers. To breathe fresh air is one of the first rules of health.

CLEANLINESS.

An inspired writer tells us that "cleanliness is next to godliness." From these words we may gather how far reaching this subject is. Only a short time ago a Medical Officer said to the writer, "get your men to obey the words of scripture "wash and be clean," and they will save themselves much

trouble and discomfort, and, in many cases, actual sickness. Let us first look, for a moment, at the subject of personal cleanliness. In three points, more especially, are soldiers remiss. 1st, care and cleanliness of the skin, 2nd, of the teeth, 3rd, of the feet. The third might be included under the first heading, but a word on this point may not be amiss. The skin can only be kept clean, especially in a hot climate, by frequently bathing the whole body. This is what a great many men forget to do, and therefore their health suffers. The skin has its own functions to perform, and if the pores of the skin become clogged, their natural action is stopped. The work of the skin is thus thrown on other organs of the body, such as the lungs and kidneys. All men in health should go in for a daily tub. Dr. Gordon Stables, late of the Royal Navy, is never tired of extolling the virtues of the morning tub. Government provides swimming baths and bath tubs, and the least we can do is to use them frequently.

It is a pleasant sight to see a man with a fine set of clean teeth. The man who wishes to enjoy good health should be careful to have a tooth brush. Medical men, who ought to know, tell us that, in the Army, the teeth are very much neglected. This neglect, simple though it seems, leads to a train of evils. Remains of food accumulate in the teeth and putrify. In time the sub-

sance of the teeth is eaten into by organism produced by decaying matter, and the breath becomes foul. It has been well said that the man who does not brush his teeth is a dirty fellow. He is also a foolish fellow, as teeth neglected in this way soon decay, the food is not properly masticated, and indigestion and other evils follow.

Just a word about the feet. Great care should be taken of them. A distinguished soldier said "that the first part of an Army to give way is its feet." Cleanliness of the feet is a great comfort in a hot climate, and this can only be secured by frequent bathing or ablution. This is very often neglected either through thoughtlessness or idleness. The result is not at all pleasant.

Only a sentence need be added regarding the cleanliness of one's surroundings. In the cook-house, more especially, great care is needed. The cleanliness of Barracks is seen to by the Officers concerned, but in the cook house only constant and unremitting attention on the part of the cook orderly will keep things up to the mark. A considerable part of the diseases of India may be traced to the cook-house and the kitchen. Native cooks require constant supervision, otherwise dirt, in some form or other, will creep in.



CHAPTER VII.

CHASTITY.

There is no necessity in these pages to dwell, at any length, on the terrible and deadly results caused by impurity. On the 14th of May 1897, the Earl of Dunraven, from his place in the House of Lords, called attention to the prevalence of venereal disease in Her Majesty's Army in this country. Lord Roberts made a powerful speech on the same occasion. In telling words he pointed out that the efficiency of the Army, and the moral and material well-being of the soldiers he loved so well, were at stake. The Archbishop of Canterbury followed Lord Roberts, and made an urgent appeal that something very real should be done, and that there might be an earnest effort to raise the whole tone of the service in this matter.

Here in India, the subject has been brought before us in a General Order. In an order, dated 14th July 1897, His Excellency the Commander-in-Chief in India referred to the extreme gravity of the matter. An extract from the report of Lord Onslow's Committee was given, and words could not describe in plainer terms the fearful havoc resulting from this dire disease. Those responsible for the framing of the Report had themselves seen, in the wards of Netley Hospital, many victims of

venereal disease. The picture drawn is a terribly sad one. Young men—nearly all under 25 years—were lying about in different stages of disease. The faces of many were revolting to look upon. The features in several instances had lost all traces of their original form and beauty, and only presented corruption and decay at work in all their loathsomeness. Many had simply brought their poor diseased frames to Netley to, shortly, be laid at rest. Others could only hope to drag on a few months or years of wretched and unprofitable existence. In the lives of nearly all, hope and brightness had been well nigh stamped out, and apathy, dejection, and gloom had taken their place.

As one thinks of all these wrecked lives, of all this accumulation of misery and degradation, the question comes “Can nothing be done to alleviate it.” Does not the thought come home to the temperance worker—drunkenness and all its attendant evils are bad enough, but the ravages caused by impurity are even more terrible and deadly. In the words of the General Order, quoted, an appeal is made to all ranks. The soldier serving in the ranks can do something, as well as the General Officer Commanding a district. The latter has an influence which is wide and far reaching, but each private soldier can do something, if it be only to help the man who sleeps next cot to him. False lights and false views are abroad, which like the fires lit upon our

coasts by the wreckers of olden days, lure many to their destruction. Individuals are doing much, organizations are doing much, to further the cause of purity and chastity. The time is certainly ripe that Temperance workers, and the A. T. A. as an organization, should join hands with those who are fighting this terrible enemy, Lust. The words of the Commander-in-Chief are an appeal to all that is highest and best in soldiers. These words have been already re-echoed by many other officers under his command. But the evil is a terrible one, and efforts to cope with it must be patient and continuous if they are to accomplish anything. In addition, efforts put forth should be hopeful and they should be sympathetic. The man who takes gloomy, despondent views of the problems of life will never accomplish much, and men must be won for the right and the true, not scolded into it. Something can be done, nay a very great deal can be done, and the following appear to be among the ways of doing it :—

PUBLIC MEETINGS.

Some such gatherings have already been addressed by chaplains, doctors, company officers, and also by the General Secretary, A. T. A. The results have been very hopeful. At one such meeting, held some three years ago at M——, over 90 officers and men registered their names, as desirous of leading a pure life, by God's help. The example of the officers told

for a great deal. Five of them recorded their names, all of them vigorous, lusty and strong. Many of those who then signed are living pure and chaste lives to-day. They are by no means "plaster saints." They are men of strong vitality, and subject to young men's temptations, but they have placed before themselves a high ideal of life and duty, and are honestly striving to attain their ideal. Some will say "You cannot educate the private soldier up to this." Try it, the private soldier has many qualities of the finer kind in him, though sometimes covered over with a rather hard crust.

PURITY LITERATURE.

The White Cross League at home, the Health Association, and the Order of St. John in India have already commenced this good work. The A. T. A. can further it. A special class of books and tracts has been written on the purity question. Amongst others may be mentioned, "The Curse of Manhood," by Henry Varley. This book uses very strong language, and calls a spade a spade. It would not be too much to say that thousands have been benefitted by reading it. The writer conclusively proves fornication is in no sense necessary. The following words, from this book, are well worthy of being quoted in full. "The fruits of continence and chastity are observable in the cheerful countenance, rounded feature, and elastic step. No miserable chills

are felt, or appeals to stimulants needed. An even temper, pure affection, vigorous manhood, and energetic business ability are amongst the noble and manly rewards of those who are clean from these sins.

It is a well-known fact that any man who desires to excel, and retain his excellence, as an accurate shot, oarsmen, a pedestrian, a pugilist, a first-class cricketer, a successful student, artist or literary man must abstain from self-pollution and fornication."

Colonel Seton Churchill also deals very ably with the subject in his book "Forbidden Fruit," while Canon Wilberforce has a very powerful book "The trinity of evil" Intemperance, Impurity and Infidelity.

The White Cross League series contain capital papers for men. In one of these "The testimony of Medical Men," the views of 22 Medical men, of high position and authority, are given. The names include those of Sir Andrew Clarke, Sir James Paget, Professor Parkes and Dr. Carpenter. All these agree that "perfect chastity before marriage is not only an unmixed advantage to a man" but that his offspring will be healthier. Sir James Paget says he would as soon think of advising stealing or lying, as fornication. Sir Andrew Clarke says "I believe that if you keep from women you will live twenty years longer."

EDUCATE PUBLIC OPINION.

Much has been done in this way in connection with drink and intemperance. In by-gone years nearly every one drank too much. Noblemen, legislators, even clergymen, got the worse for drink, and it was little thought of. To-day all this is changed. Much can be done towards improving barrack-room views on the subject of chastity. Immoral stories and songs, or those which excite sexual desires, can be discouraged, the filthy jest can be put down, and care taken that photos and prints depicting the nude or semi-nude do not appear on Barrack-room walls.

THE REGIMENTAL PAPER.

A great many battalions have now their own paper. Many things, that cannot well be put in the daily orders, can be dealt with in the weekly, monthly, or quarterly paper. Should addresses be given by Chaplains, Medical Officers, Regimental Officers or others, a short account could be given in the paper. All that appears in the Regimental paper is commented upon by the men in their barrack-rooms. If a good line is taken, much good may be effected in this respect. This is no mere theory, but a matter of practical experience.

The Purity Pledge. The pledge of the White Cross League is as follows :—

I promise, with God's help,

1. To treat all women with respect, and endeavour to protect them from wrong and degradation.
2. To endeavour to put down all indecent language and coarse jests.
3. To maintain the law of purity as equally binding upon men and women.
4. To endeavour to spread these principles among my companions, and to try and help my younger brothers.
5. To use every possible means to fulfil the command

“KEEP THYSELF PURE.”

Great care and judgment is of course necessary in asking men to sign such a pledge. Each man, however, who signs and keeps the purity pledge, is doing a great work. His personal example is something greater than orders or manuals.

“Example is a living law whose sway,
Men, more than all the written laws, obey.”

The observance of one or two simple rules will make chastity easier.

- I. If possible take a cold bath daily. If this is not practicable, sponge the whole body over.
- II. Take plenty of physical exercise. There are dumb bells and clubs in barracks, a well appointed gymnasium, as a rule, within easy reach,

and plenty of facilities for cricket, football, tennis and cycling exist. Take part in something, don't loaf.

- III. Occupy the mind as well as the body. "An empty brain is the devil's workshop." If possible have a favourite pursuit. Having a hobby has been the means of saving many a man from going wrong. A good book is a capital companion.
- IV. Exercise; care in diet; pastry, too highly spiced foods, and late suppers should be avoided. Fruit should form part of the dietary.
- V. Sleep on the side, and on a hard bed. Sleeping on the back is bad. Have the air of the sleeping room as pure and fresh as possible.
- VI. Be careful as to your company. Avoid those who indulge in foul talk. Have nothing to do with books that suggest impure thoughts.
- VII. Above all ask God's help. He who has said "Keep thyself pure," will supply the needed strength in the hour of sore trial and temptation. If the fight is at times severe, the victory will amply compensate. "A pure heart, a vigorous mind and a healthy body" are grand possessions. Chastity makes for these, while impurity sows the seeds of disease, and misery and death.

In the fight against the terrible evils of intemperance and impurity the soul inspiring words come to us "Quit you like men,—be strong." No weakly, whining thing is this. Purity is ever linked with strength, not with weakness. In the beautiful legend of King Arthur and his Knights, the purpose of the warrior band is thus set forth :

"A glorious company, the flower of men,
I made them lay their hands in mine and swear,
To ride abroad redressing human wrongs,
To speak no slander, no, nor listen to it,
To honour his own word, as if his God's,
To lead sweet lives in purest chastity,
Not only to keep down the base in man,
But teach high thought and amiable words,
And love of truth and all that makes a man."



APPENDIX I.

MEDICAL DECLARATIONS WITH REGARD TO THE USE OF
ALCOHOLIC BEVERAGES.

DECLARATION IN 1839.

As early as 1839 the following declaration was made public, having appended to it the signatures of seventy-eight men who occupied high positions as scientists :—

“An opinion handed down from rude and ignorant times, and imbibed by Englishmen from their youth, has become very general, that the habitual use of some portion of alcoholic drink, as of wine, beer, or spirits, is beneficial to health, and even necessary to those who are subjected to habitual labour.

“Anatomy, physiology, and the experience of all ages and countries, when properly examined, must satisfy every mind, well informed in medical science, that the above opinion is altogether erroneous.

“Man, in ordinary health, like other animals, requires not any such stimulants, and cannot be benefitted by the habitual employment of any quantity of them, large or small ; nor will their use during his lifetime increase the aggregate amount of his labour. In whatever quantity they are employed they will rather tend to diminish it.”

DECLARATION IN 1847.

The year 1847 was remarkable for the following declaration of opinion of upwards of two thousand medical men of the United Kingdom and India, many of them being of the highest distinction in the profession :—

- (1) That a very large portion of human misery, including poverty, disease, and crime, is induced by the use of alcoholic and fermented liquors as beverages.
- (2) That the most perfect health is compatible with total abstinence from all intoxicating beverages, whether in the form of ardent spirits, or as wine, beer, ale, porter, cider, &c.
- (3). The persons accustomed to such drinks may, with perfect safety, discontinue them entirely, either at once, or gradually after a short time.
- (4). That total and universal abstinence from alcoholic beverages of all sorts would greatly contribute to the health, the prosperity, the morality, and the happiness of the human race."

AMERICAN DECLARATION IN 1887.

At the international Medical Congress in Washington, D. C., in 1887, the following statement was subscribed to by the president of the Congress and

seventy-seven other members, including distinguished physicians from foreign countries :—

“ In view of the alarming prevalence and ill effects of intemperance, which have called forth from eminent physicians the world over the voice of warning, we declare that we believe alcohol should be classed with other powerful drugs ; that when prescribed medicinally it should be with a conscientious caution and a sense of grave responsibility : that the use of alcoholic liquor as a beverage is productive of a large amount of physical disease ; that it entails diseased appetites upon offspring, and that it is the cause of a large percentage of the crime and pauperism of our cities and country.”



APPENDIX II.

THE USE OF ALCOHOL IN EPIDEMICS OF CHOLERA.

In 1892 the following question was addressed by the General Secretary of the Army Temperance Association in India, to Surgeon Major General A.F. Bradshaw, C.B. Principal Medical Officer, H. M. Forces in India:—

“When cholera breaks out in any cantonment, are abstainers more likely to escape the disease by breaking their pledge and indulging in alcoholic beverages, or by continuing the habit of total abstinence which they have cultivated.”

Surgeon Major General Bradshaw's answer was as follows :—

“During periods of prevalence of cholera it has been a subject of observation that persons with derangement of the stomach or bowels, such as indigestion or diarrhœa, say from bad or improper food, or from impure or unaccustomed beverage, seem more prone to be attacked by the epidemic disease than persons who in that respect are in good health. Of course it may be imagined when cholera is about that as the symptoms of it appear of an intestinal complaint, cases of indigestion and diarrhœa are really only proofs of the presence in the individuals of a “dose” of cholera poison—the

symptoms progressing, or passing off, according to the power of the dose. But from a medical point of view that would not be an at all reasonable accounting for the indisposition I am referring to.

When a man's stomach, long unaccustomed to beer or spirits, is suddenly flooded with quantities which under the influences of panic are apt to be largely imbibed, it cannot fail to have its functions more or less deranged and the liver action impeded. Indigestion follows and the man's whole inside sympathises; appetite lessens, the recruiting of the general system by nourishment is interfered with, and thus the pledge breaker not only "tempts" the cholera, but weakens the power of his constitution to withstand the disease."

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